

# SLEEP DIARY

Week 1 Start date:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Morning</b>							
Time I woke up							
# Hours of sleep I got							
I woke feeling tired							
Last night, I used a screen less than 30 mins before I turned off the light							
I woke up in middle of night							
I checked my phone in middle of night							
<b>Daytime</b>							
I felt tired throughout the day							
I exercised today, if yes note # mins							
I drank caffeine today, if yes how many							
I napped today, if yes, how long							
<b>Nighttime</b>							
Time I start getting ready for bed							
I did things differently tonight than I did last night to get ready for bed (bathe, brush/floss teeth, use toilette, etc.)							
I ate less than 1 hour before getting ready for bed							
I drank caffeine with dinner or after							
I felt stressed, angry or frustrated tonight							
I felt calm and relaxed							
The last hour before bed I:							
<i>1. played video games</i>							
<i>2. listened to loud music</i>							
<i>3. exercised vigorously</i>							
<i>4. read a book</i>							
<i>5. listened to calming music or audio</i>							
<i>6. got in an argument</i>							
<i>7. wrote in a journal</i>							
<i>8. completed assignments for school</i>							
<i>9. studied for an exam</i>							
<i>10. looked at a screen</i>							
<b>Bedroom</b>							
I closed the window coverings							
I slept in a dark room							
My room was quiet							
I had electronic devices in my room, if yes:							
<i>1. they made noise</i>							
<i>2. they emitted light</i>							

Answer the questions with the information that is being asked, check the boxes where the answer is 'yes', leave the boxes blank if the answer is 'no'. This is designed to take a minute or two in the morning and night.

After 7 days look at your answers. Look for patterns. What are the things you did/didn't do on nights you slept well? What about on nights you did not sleep well? Use the following page to reflect on week 1.

# SLEEP DIARY

## **Reflections & Steps I can Take for Better Sleep: week 1**

1. The nights I slept well have this in common:

- 1.
- 2.
- 3.
- 4.

2. The nights I did not sleep well have this in common:

- 1.
- 2.
- 3.
- 4.

3. One or two things I noticed I did/didn't do on the nights I DID sleep well that I can do, consistently, every night in the coming week.

- 1.
- 2.

4. One or two sleep related things I am going to gather information on this week (screen time before bed, how exercise effects sleep, etc.); see articles and videos posted in the SLEEP section of this webpage to start.

- 1.
- 2.

# SLEEP DIARY

This week I will *consistently* implement last week's Reflections #3

Week 2 Start date:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Morning</b>							
Time I woke up							
# Hours of sleep I got							
I woke feeling tired							
Last night, I used a screen less than 30 mins before I turned off the light							
I woke up in middle of night							
I checked my phone in middle of night							
<b>Daytime</b>							
I felt tired throughout the day							
I exercised today, if yes note # mins							
I drank caffeine today, if yes how many							
I napped today, if yes, how long							
<b>Nighttime</b>							
Time I start getting ready for bed							
I did things <u>differently</u> tonight than I did last night to get ready for bed (bathe, brush/floss teeth, use toilette, etc.)							
I ate less than 1 hour before getting ready for bed							
I drank caffeine with dinner or after							
I felt stressed, angry or frustrated tonight							
I felt calm and relaxed							
The last hour before bed I:							
1. <i>played video games</i>							
2. <i>listened to loud music</i>							
3. <i>exercised vigorously</i>							
4. <i>read a book</i>							
5. <i>listened to calming music or audio</i>							
6. <i>got in an argument</i>							
7. <i>wrote in a journal</i>							
8. <i>completed assignments for school</i>							
9. <i>studied for an exam</i>							
10. <i>looked at a screen</i>							
<b>Bedroom</b>							
I closed the window coverings							
I slept in a dark room							
My room was quiet							
I had electronic devices in my room, if yes:							
1. <i>they made noise</i>							
2. <i>they emitted light</i>							

Answer the questions in the same manner you did last week. After 7 days look at your answers. Did you consistently implement what you told yourself you would?

# SLEEP DIARY

## Reflections & Steps I can Take for Better Sleep: week 2

1. The nights I slept well have this in common:

- 1.
- 2.
- 3.

2. The nights I did not sleep well have this in common:

- 1.
- 2.
- 3.

4. One or two things I learned from the information I gathered last week.

- 1.
- 2.

5. In addition to the thing I implemented this week, one thing I would like to change in the coming week, based on the information I gathered is (example: not look at screens before lights out):

6. I will implement this change by (example: I will commit to a screen curfew and turn off all devices 15 minutes before I start getting ready for bed, I will let all my friends know that I am doing this, If I use the alarm function on my phone I will set it before my curfew time and put it face down by my bed and not look at it until the alarm goes off the following morning, when this becomes comfortable I will increase the time by 15 minutes until the curfew reaches an hour):

7. You may continue using this Sleep Diary for as many weeks as you need. Continue noticing the things you did on nights you slept well (or better than other nights). Turn these things into a routine.

Stick with one or two changes at a time. Be consistent, even if it feels like it is not working. When you feel you have comfortably made this change part of your routine, look at a different behavior you might change. Gather information, make the change incrementally. Keep at it.

8. Mess up? So what? Get back to it . Your sleep will improve and so will your day.