

Getting back into the rhythm of sleep

Sleep Diary

This diary enables you to record how well you slept in the night and is a useful way for you to see your sleeping patterns over a period of time. You can fill this diary in for up to 28 days.

It is a good idea to use this diary along with the tips given in the *Sleep Advice* leaflet, so you can then compare diary entries throughout the days to see how your sleep improves. Fill in details on how you slept at night, your activity during the day and how you feel and function during the daytime.

You can also take this diary to your GP, should you seek further advice for your sleep problems.

Diary start date:

Note: Where scales are indicated,
1 = the very least & 5 = the maximum level



Your sleep

How was your sleep last night?
(scale of 1–5)

What time did you wake up
this morning?

What time did you go to
bed last night?

How long did it take you
to fall asleep?

How many times did you wake
up during the night?

Did anything cause you to wake
up during the night?

How many hours do you think
you slept in total?

How good did you feel your
sleep was? (scale of 1–5)

Your activity in the day

How many cups of caffeine drinks
did you have after 5pm?

What time did you have your
evening meal?

How many units of alcohol did you
have this evening?

Did you exercise after 8pm?

How you feel in the day

How refreshed did you feel in the
morning? (scale of 1–5)

How alert did you feel throughout
the day? (scale of 1–5)

How sleepy did you feel today?
(scale of 1–5)

What time of the day did you feel
the most sleepy?

How generally well did you feel
today? (scale of 1–5)

How energetic did you feel
today? (scale of 1–5)

Add any other details you
think are relevant

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