

Daily Sleep Diary

Complete before going to bed		Complete when you get up from your sleep
I had this many caffeine drinks (coffee, cola, tea)	<input type="text"/> In the whole day <input type="text"/> Within 3 hours of going to bed	I went to bed at: <input type="text"/>
I took this medication during the day:	<input type="text"/>	I got out of bed at: <input type="text"/>
I exercised for at least 30 minutes in the:	<input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Within 3 hours of going to bed <input type="radio"/> None of the above	When I woke I felt: <input type="radio"/> Very refreshed <input type="radio"/> Somewhat refreshed <input type="radio"/> Somewhat fatigued <input type="radio"/> Very fatigued
In the last hour before bed I did: (list the activity e.g. work, TV, etc)	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	I took this many minutes to get to sleep: <input type="text"/> I spent this many hours in bed: <input type="text"/> I slept this many hours: <input type="text"/> I woke up this number of times: <input type="text"/>
In the last 3 hours before bed I had:	<input type="radio"/> Alcohol <input type="radio"/> A heavy meal <input type="radio"/> Caffeine <input type="radio"/> Nicotine <input type="radio"/> None of the above	My sleep was disturbed by: <input type="radio"/> Noise <input type="radio"/> Heat <input type="radio"/> Light <input type="radio"/> Pain <input type="radio"/> Need to urinate <input type="radio"/> Stress <input type="radio"/> Other
What you can do to help increase my quality of sleep: <ul style="list-style-type: none"> • Use your circadian rhythm to get to sleep and be mindful of sleep signals, falling body temperature and feeling sleepy • Have a warm shower or bath before bed, to increase core body temperature, re-creating the sleep signal • Go to bed at the same time (if you have a late night in the weekend, go to bed earlier the next night) • Drink a glass of warm milk 30 minutes before going to bed, to boost melatonin levels and tryptophan • Reduce caffeine, nicotine and alcohol (3-4 hours before sleep time) • Relax before going to bed by using diaphragmatic breathing or progressive muscle relaxation • Listen to music or read something relaxing – don't watch TV or do anything that may catch your interest and wake you up • Don't use devices 1-2 hours before you go to bed and remove them from your room, make your room uncluttered and calm • Keep the temperature of your room between 16°C and 18°C and keep it dark • Exercise 30 minutes a day but no later than a few hours before going to bed • Don't lie in bed awake. If you can't get to sleep, do something else, like reading or listening to music, until you feel tired • If you wake during the night with a busy mind, write down a 'To Do' list 		Notes: