



Northumberland,
Tyne and Wear
NHS Foundation Trust

My sleep diary



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Sleep is important for your health and wellbeing. This sleep diary will help you to keep track of your sleeping routine. By taking a couple of minutes a day completing the sleep diary you'll be able to note your sleep habits and find out how your sleep can be improved.



Start date _/_/___	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:	_____	_____	_____	_____	_____	_____	_____
Your sleep routine							
What time I went to bed?							
What time did I sleep?							
What time did I wake up?							
	1 – 10, 1 = easy 10 = very difficult						
How much effort did it take to wake up?							
What time did I get out of bed?							
How many times I woke up during the night. How long for?							
Why was my sleep disturbed? eg noise, pets, lights, uncomfortable, stress, temperature							
What did I do when I woke up at night?							

Activity							
During the day did I feel sleepy?							
Did I have a nap? Time and length? If I did not nap how close was I to falling asleep?							
What exercise do I do?							
Time spent outside in natural light?							
Medication							
List medication:							
Your mood							
Throughout the day how did I feel/what was my mood like?							



Your bedtime routine							
What do I do before I sleep? What is my bedtime routine?							
	Phone	Computer	TV	Games console			
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Eating							
Do I eat regular meals?							
What do I drink?							
Self help							
What I do to help myself sleep.							



Useful information

- Sleep problems – Young Minds

<https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>

- Sleeping problems – Northumberland, Tyne and Wear NHS Foundation Trust

<https://web.ntw.nhs.uk/selfhelp/#sleeping>

- Sleep tips for teenagers – NHS Choices

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre

Tel: 0191 246 7288



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