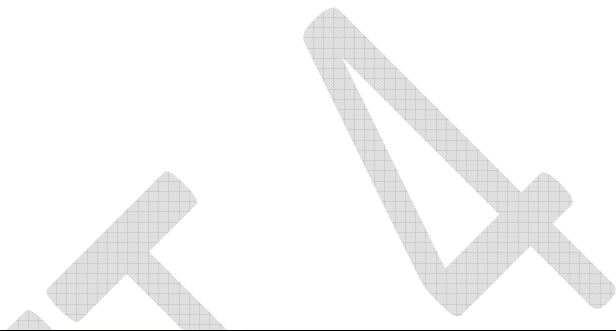


# My sleep diary



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.



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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.							
How long for?							

**Why was my sleep disturbed? eg noise, pets, lights, uncomfortable, stress, temperature**

What did I do when I woke?							

### What helps?

What I do to help myself sleep.							
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Start date _ / _ / _	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:	_____	_____	_____	_____	_____	_____	_____

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?							

Start date _ / _ / _	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:	_____	_____	_____	_____	_____	_____	_____

### Medication

List medication:							
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### Eating

What do I eat?							
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### Drinking

What do I drink?							
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### Your mood

Throughout the day how did I feel/what was my mood like?							
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Start date _ / _ / _	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:	_____	_____	_____	_____	_____	_____	_____

Your bedtime routine							
What do I do before I sleep eg phone, TV, computer, games console							



## Useful information

- Sleep problems – Young Minds

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

- Sleep tips for teenagers – NHS Choices

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

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

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

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  
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