

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.



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 helps?

What I do to help myself sleep.							
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Your bedtime routine

What do I do before I sleep eg phone, TV computer, games console							
How many times I woke.							
How long for?							

Was my sleep disturbed?

What disturbed it eg noise, pets, lights, uncomfortable, stress, temperature							
What did I do when I woke?							

Start date _ / _ / _	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:	_____	_____	_____	_____	_____	_____	_____
What time did I wake up?							
What time did I get out of bed?							
1 – 10, 1 = easy 10 = very difficult							
How much effort did it take to wake up?							

My notes:

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? What was I doing?							
Time and length?							
If I did not nap how close was I to falling asleep?							
What exercise do I do? Eg physical activity							
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

Times of:							
Breakfast (B)							
Lunch (L)							
Dinner (D)							

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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- [Sleep problems – Young Minds](https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/)
<https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>
- [Sleep tips for teenagers – the NHS website](https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/)
<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>
- [Sleeping problems – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](https://web.cntw.nhs.uk/selfhelp/#sleeping)
<https://web.cntw.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.

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Published by the Patient Information Centre

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Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Ref, PIC/805/1118 November 2018 V1

www.cntw.nhs.uk Tel: 0191 246 7288

Review date 2021



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