# Academic Health Science Network
### North East and North Cumbria

# SmarterSleep
## INTERVENTIONS

**NHS**
**Cumbria, Northumberland, Tyne and Wear**
NHS Foundation Trust

## SLEEP DIARY  \\  Patient initials: _____   Date started: _____

**EXAMPLE**

DAY                                    NIGHT                                                    DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
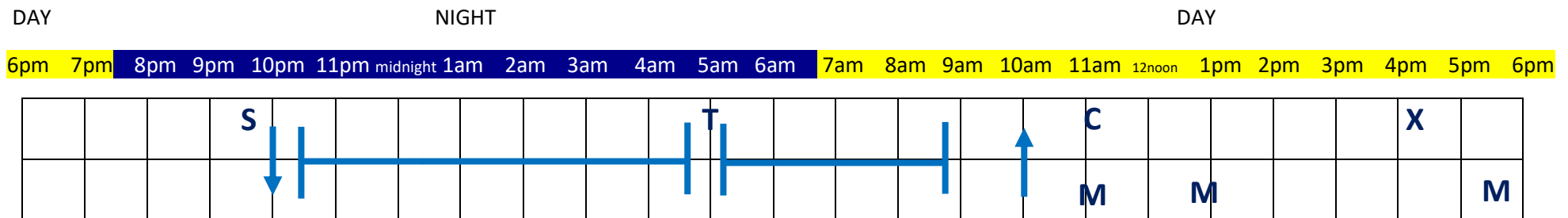


Comments: _____ *Slept well with one period of wakening at 4:30am to go to the toilet* _____

| Arrow down = into bed | Solid vertical line = start/end of sleep | Sleeping pill = S | M = Meal | T = Use of toilet during sleep time |
|---|---|---|---|---|
| Arrow up = out of bed | Solid horizontal line = time asleep | Caffeinated drink = C | X = Exercise | N = Noise waking patient from sleep |

**Completing the sleep diary:**

Please complete this for every night to establish the sleep pattern. Where possible, please encourage the service user to complete the diary themselves. It is best completed in the morning, straight after the user has woken up, as this is when their memory of the previous night's sleep will be most accurate.

The chart starts in the evening and runs through the night into the next morning. For this reason, it starts on one day and ends the next. This may make recording confusing at first as we often work a day at a time, not a night at a time, but this is important as it is the best way to see the sleep pattern, one night at a time.

There is a comments section below each chart – feel free to write anything that may be relevant to the night's sleep.

# SmarterSleep
## INTERVENTIONS

# NIGHT 1

DAY                  NIGHT                          DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

# NIGHT 2

DAY                  NIGHT                          DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

# NIGHT 3

DAY                  NIGHT                          DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

*Smarter*Sleep
INTERVENTIONS

## NIGHT 4

DAY                                            NIGHT                                                           DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
|-----|-----|-----|-----|------|------|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|--------|-----|-----|-----|-----|-----|-----|
|     |     |     |     |      |      |          |     |     |     |     |     |     |     |     |     |      |      |        |     |     |     |     |     |     |
|     |     |     |     |      |      |          |     |     |     |     |     |     |     |     |     |      |      |        |     |     |     |     |     |     |

Comments:

## NIGHT 5

DAY                                            NIGHT                                                           DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
|-----|-----|-----|-----|------|------|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|--------|-----|-----|-----|-----|-----|-----|
|     |     |     |     |      |      |          |     |     |     |     |     |     |     |     |     |      |      |        |     |     |     |     |     |     |
|     |     |     |     |      |      |          |     |     |     |     |     |     |     |     |     |      |      |        |     |     |     |     |     |     |

Comments:

## NIGHT 6

DAY                                            NIGHT                                                           DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
|-----|-----|-----|-----|------|------|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|--------|-----|-----|-----|-----|-----|-----|
|     |     |     |     |      |      |          |     |     |     |     |     |     |     |     |     |      |      |        |     |     |     |     |     |     |
|     |     |     |     |      |      |          |     |     |     |     |     |     |     |     |     |      |      |        |     |     |     |     |     |     |

Comments:

*Smarter*Sleep
INTERVENTIONS

## NIGHT 7

DAY                   NIGHT                       DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

## NIGHT 8

DAY                   NIGHT                       DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

## NIGHT 9

DAY                   NIGHT                       DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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Comments:

## NIGHT 10

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

## NIGHT 11

DAY            NIGHT            DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

## NIGHT 12

DAY            NIGHT            DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

## NIGHT 13

DAY            NIGHT            DAY

*Smarter*Sleep
INTERVENTIONS

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

## NIGHT 14

DAY                                    NIGHT                                    DAY

| 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | midnight | 1am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm |
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Comments:

*Smarter*Sleep
**INTERVENTIONS**