Sleep diary instructions

* Fill out the sleep diary every night/morning.
* You will not be sure exactly when you went to sleep, so make an estimate.
* To calculate your **Total sleep**, find the difference between **Time woke up next morning** and **Time went to bed.** Multiply the number of hours
by 60 to convert to minutes and add on any other minutes.
* If you woke up during the night,don’t forget to subtract the **Time awake in the night**.
* Circle the emoji that best reflects your **Mood** in the morning:

****

Week 2 instructions

In Week 2, make one change to follow every night that you think may increase your sleep. You might want to try:

* reading in bed
* not looking at any screens for 1 hour before going to bed
* setting a fixed bedtime
* having a shower at night.
* Continue your sleep diary for every night in Week 2.

**Sleep diary – Week 1**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day and date** | **Time went to bed** | **What did you do in the hour before you went to sleep?**Tick all that apply | **Time went to sleep** | **Time awake during night** | **Time woke up next morning** | **What woke you in the morning?** | **Total sleep**(in minutes) | **Mood** |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
| **Day and date** | **Time went to bed** | **What did you do in the hour before you went to sleep?**Tick all that apply | **Time went to sleep** | **Time awake during night** | **Time woke up next morning** | **What woke you in the morning?** | **Total sleep** (in minutes) | **Mood** |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |

**Sleep diary – Week 2 The change I made is**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day and date** | **Time went to bed** | **What did you do in the hour before you went to sleep?**Tick all that apply | **Time went to sleep** | **Time awake during night** | **Time woke up next morning** | **What woke you in the morning?** | **Total sleep**(in minutes) | **Mood** |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
| **Day and date** | **Time went to bed** | **What did you do in the hour before you went to sleep?**Tick all that apply | **Time went to sleep** | **Time awake during night** | **Time woke up next morning** | **What woke you in the morning?** | **Total sleep** (in minutes) | **Mood** |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |
|  |  |  Watched a show/movie Talked to family/friends On social media/gaming Listened to music Read a book |  |  |  |  Woke myself A family member Alarm Other |  |  |