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:

**Grumpy: very sleepy, irritable and unresponsive. Need to go back to sleep.
Tired: Tired and not very enthusiastic. Will need to take it easy today.
Neutral: Relaxed, not at full alertness. May need a little while to wake up fully.
Happy: Able to concentrate, quite happy. Able to handle a normal day.
Very happy: Active, very happy, full of energy.**

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 |  |  |
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|  |  |  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**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
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|  |  |  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 |  |  |
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