

# SLEEP DIARY

It will help us to find the best way to deal with the problem you are having with sleep at the moment if you can keep a sleep diary for a short time. All you have to do is to use the chart below to note down the pattern of your sleep (how much you sleep and when) and the quality of your sleep. It is best to try to fill in the diary as soon as possible after getting up; it only takes a few minutes. If this is not possible, make sure you fill it in before the end of the day – it is very difficult to remember details of sleep after more than one night.

**When you come back to see me, we can discuss what you have written in your sleep diary. This should help us to decide together the best way to deal with the problem.**

Name .....

## Measuring the Pattern of Your Sleep

	Day						
	1	2	3	4	5	6	7
1. At what time did you get up this morning?							
2. At what time did you go to bed last night?							
3. How long did it take you to fall asleep (mins)?							
4. How many times did you wake up during the night?							
5. How long were you awake during the night (in total)?							
6. About how long did you sleep altogether (hours/ minutes)?							
7. How much alcohol did you take last night?							
8. How many sleeping pills did you take to help you to sleep?							

## Measuring the Quality of Your Sleep

Please answer these questions about the quality of your sleep using the following scale:

	0	1	2	3	4							
	Not at all		Moderately		Very							
						Day						
						1	2	3	4	5	6	7
1. Do you feel well this morning?												
2. How enjoyable was your sleep last night?												
3. How mentally alert were you in bed last night?												
4. How physically tense were you in bed last night?												