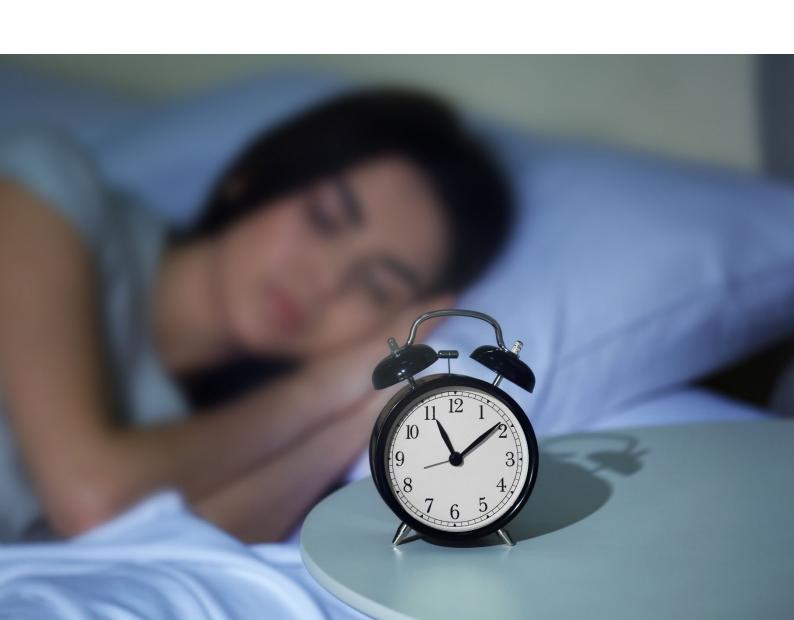


## My sleep diary



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 re	outine						
What time I went to bed?							
What time did I sleep?							
What helps?							
What I do to help myself sleep.							
Your bedtim	e routin	<b>e</b>		l	l	l	
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 i	t eg noise	, pets, light	ts, uncomfo	ortable, str	ess, tempe	erature	
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?							

M	y	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:							
Eating							
Times of:							
Breakfast (B)							
Lunch (L)							
Dinner (D)							
Drinking							
What do I drink?							
Your mood Throughout the							
Throughout the day how did I feel/what was my mood like?							

## **Useful information**

- Sleep problems Young Minds https://youngminds.org.uk/find-help/feelings-andsymptoms/sleep-problems/
- Sleep tips for teenagers the NHS website https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-forteenagers/
- Sleeping problems Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

https://selfhelp.cntw.nhs.uk/self-help-guides/sleeping-problems

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.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre Telephone: 0191 246 7288



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