

SLEEP DIARY

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If you are struggling with sleep issues, it can help to identify the reasons behind it. Tracking your sleep patterns can be the first step to improving your sleep patterns.

Over a 2-6 week period, track your sleep patterns every day using the questions below. Look out for the patterns that emerge, this can then help you find coping strategies to improve your sleep patterns.

DAY	
How did you feel before you went to bed?	
Did you go to bed at your usual time?	
How many times did you wake up in the night?	
If you woke up, how long were you awake?	
Were there any thoughts that kept you awake?	
What was your sleeping environment like? E.g. Was it comfortable, was there external noise, did you sleep in a different place than where you usually sleep? Were there other factors involved?	
How did you feel when you woke up this morning?	
What could have improved your sleep pattern last night?	
Are there any steps you could put in place to improve your sleep tonight? If so, what can you do to make those improvements?	

