**Worksheet 17.2** Example sleep diary

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Time woke up** | 8.20 am | 8 am | 8.30 am | 8.20 am | 8.15 am | 7.30 am | 8 am |
| **Approx. duration of** | Unsure when fell | 7 hours 5 mins | 5 hours 55 mins | 6 hours 50 mins | 6 hours 25 mins | 7 hours 10 mins | 7 hours 30 mins |
| **sleep (total sleep time/tst)** | asleep on Sunday | (425 mins) | (355 mins) | (410 mins) | (385 mins) | (430 mins) | (450 mins) |
| **Time got out of bed** | 10 am | 9.45 am | 10.30 am | 9.30 am | 10 am | 9 am | 9.30 am |
| **Amount of caffeine** | 4 coffees, 2 teas | 4 coffees, 1 tea | 6 coffees, 2 teas | 4 coffees, 3 teas | 4 coffees | 3 coffees, 2 teas | 3 coffees, 3 teas |
| **Exercise** | Walked dog, 30 mins | 5k jog with friends | None | 5k jog with friends | Walked dog, 90 mins | Countryside walk, 2 hours | None |
| **Naps** | None | 1 x 50 mins | 1 x 80 mins | 1 x 40 mins | None | None | 1 x 45 mins |
| **What i did before bed** | Ironing, watched | Jog, pub, dinner at | Used tablet | Jog, pub, dinner | Gave dog a bath, TV, | Early dinner and | Cleaned kitchen, |
|  | TV. Used tablet | 9 pm, TV, read and | most of the | at 9 pm, cleaned | played cards. Read in | theatre, read for a | watched film, used |
|  | in bed | used tablet in bed | evening and in bed | bathroom, used tablet | bed | bit in bed | tablet in bed |
| **Time went to bed** | 10 pm | 10 pm | 10 pm | 10.15 pm | 11 pm | 11 pm | 10 pm |
| **Time fell asleep** | 12 am | 1.30 am | 12.30 am | 1 am | 12 am | 11.45 pm | 12.15 am |
| **Approx. no. times/** | 1 x 15mins | 2 x 5 mins | 1 x 15 mins | 1 x 30 mins | 1 x 20 mins | 1 x 15 mins | 1 x 45 mins |
| **duration woke in night** | 1 x 40 mins | 1 x 1 hour | 1 x 45 mins | 1 x 20 mins |  | 1 x 30 mins | 1 x 10 mins |
| **Comments** | Felt quite good | Enjoy our jog and | Slept really | Busy evening | Busy today as friend | Another nice day, | Really tired after a |
|  | today | pub nights! Took | badly and so | so slightly later | visiting and long walk | not too tired. Was | big Sunday lunch so |
|  |  | ages to get to sleep but my book is really good so wasn’t too bad! | tired today, couldn’t be bothered to do much | to bed | with the dog. Later night as partner doesn’t have to be up for work at the weekends | nice to go out for dinner, shared a bottle of wine | had a nap and a lazy afternoon |