Sleep Plan – Practical Guide

Sufficient sleep is important for you health, wellbeing and performance. When you sleep better, you feel better.

The Sleep Diary can be used to help track your sleep, allowing you to see habits and trends that are helping you sleep or that can be improved.

How to use the Sleep Diary:

- The sleep diary only takes a few minutes to complete each day
- There are diary entries for seven days. You may like to make several copies.
- Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep.
- Make incremental changes. Changing one habit at a time can set you on the path to a healthy sleep.

SLEEP DIARY: COMPLETE IN THE MORNING

START DATE: ___ / ___ / ___	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Day of the Week:							
I went to bed last night at:	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM
I got out of bed this morning at:	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
Last night I feel asleep:							
Easily	☐	☐	☐	☐	☐	☐	☐
After some time	☐	☐	☐	☐	☐	☐	☐
With difficulty	☐	☐	☐	☐	☐	☐	☐
I woke up during the night:							
# of times							
# of minutes							
Last night I slept a total of:	HOURS	HOURS	HOURS	HOURS	HOURS	HOURS	HOURS
My sleep was disturbed by: List mental or physical factors including noise, lights, pets, allergies, temperature, discomfort, stress etc.							
When I woke up for the day, I felt:							
Refreshed	☐	☐	☐	☐	☐	☐	☐
Somewhat Refreshed	☐	☐	☐	☐	☐	☐	☐
Fatigued	☐	☐	☐	☐	☐	☐	☐
NOTES:							

SLEEP DIARY: COMPLETE IN THE EVENING

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Day of the Week:							
I consumed caffeinated drinks in the: (M)orning, (A)fternoon, (E)vening, (N/A)							
M / A / E / NA							
How many?							
I exercised at least 20 minutes in the: (M)orning, (A)fternoon, (E)vening, (N/A)							
M / A / E / NA							
How much?							
Medications I took today:							
Took a nap?							
Yes/No							
During the day, how likely was I to doze off while in class or at school: No chance (NC), Slight chance (SL), Moderate chance (MC), High chance (HC)							
NC / SL / MC / HG							
Throughout the day, my mood was.... (Very pleasant (VP), Pleasant (P), Unpleasant (U), Very unpleasant (VU)							
VP / P / U / VU							
Approximately 2-3 hours before going to bed, I consumed:							
A heavy meal	☐	☐	☐	☐	☐	☐	☐
Caffeine	☐	☐	☐	☐	☐	☐	☐
Not applicable	☐	☐	☐	☐	☐	☐	☐
In the hour before going to bed, my bedtime routine included: List activities including reading a book, using electronics, taking a bath, doing relaxation exercises, etc:							