

Sleep diary



Week: _____

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How did you sleep?							
What time did you go to bed?							
How long did it take you to fall asleep?							
What were you thinking or worrying about when you were trying to fall asleep?							
How many times did you wake up during the night?							
How long did it take you to go back to sleep each time?							

Sleep diary



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you wake up?							
What time did you get up?							
How many hours of sleep did you get?							
What did you eat or drink in the four hours before going to bed?							
What did you do in the hour before going to bed? Read, work, use your computer, watch TV?							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Did you take any naps during the day or evening before trying to sleep?							
What was the temperature of the room? Was it comfortable?							
Were there any distractions like light or noise?							
Did you take any exercise during the day? What time?							
How did you feel the next day?							