

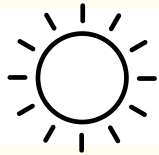
My SLEEP DIARY

Tip: Use a pencil and reuse this page!

Sleep can have a significant impact on your mental health and well-being. A sleep diary or log can be helpful to increase your awareness of your own sleep patterns and what may be contributing to difficulties with sleep. Try this out for a two week period to see what's happening behind the scenes.

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--	--------	---------	-----------	----------	--------	----------	--------



COMPLETE IN THE MORNING

I WENT TO BED LAST NIGHT AT (TIME)							
I GOT UP THIS MORNING AT (TIME)							
I SLEPT FOR A TOTAL OF (HOURS)							
I WOKE UP DURING THE NIGHT (# TIMES)							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--	--------	---------	-----------	----------	--------	----------	--------



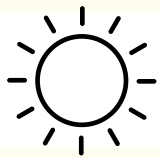
COMPLETE IN THE EVENING

# OF CAFFEINATED DRINKS TODAY							
TIME OF LAST CAFFEINATED DRINK							
EXERCISE COMPLETED TODAY (MINUTES)							
WHAT I DID IN THE HOUR BEFORE I FELL ASLEEP							
MOOD TODAY? (0=AWFUL, 10=GREAT)							



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--	--------	---------	-----------	----------	--------	----------	--------



COMPLETE IN THE MORNING

I WENT TO BED LAST NIGHT AT (TIME)							
I GOT UP THIS MORNING AT (TIME)							
I SLEPT FOR A TOTAL OF (HOURS)							
I WOKE UP DURING THE NIGHT (# TIMES)							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--	--------	---------	-----------	----------	--------	----------	--------



COMPLETE IN THE EVENING

# OF CAFFEINATED DRINKS TODAY							
TIME OF LAST CAFFEINATED DRINK							
EXERCISE COMPLETED TODAY (MINUTES)							
WHAT I DID IN THE HOUR BEFORE I FELL ASLEEP							
MOOD TODAY? (0=AWFUL, 10=GREAT)							