



# Exercise: Sleep diary

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## Goal

Start a sleep diary and write in it every day.

## Instructions

Write down your observations about your night's sleep as soon as you wake up in the morning. Also update your sleep diary every evening with anything relevant that occurred during the day.

– The most important thing about a sleep diary is writing in it regularly.

Use the template below or find some other way to keep a record of your answers to the questions below.

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An editable version is provided on the next page.



| Fill out every morning  | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|-----|-----|-----|-----|-----|-----|-----|
| Bedtime: What time did I go to bed?   |     |     |     |     |     |     |     |
| Sleep onset latency: How long did it take me to fall asleep?                                    |     |     |     |     |     |     |     |
| Awakenings: How many times did I wake up during the night?                                      |     |     |     |     |     |     |     |
| Waking-up time: At what time did I finally wake up?   |     |     |     |     |     |     |     |
| Time spent awake in bed: For how long was I awake before finally getting out of bed?            |     |     |     |     |     |     |     |
| Getting-out-of-bed time: At what time did I finally get out of bed?                             |     |     |     |     |     |     |     |
| Time in bed: How much time in total did I spend in bed during the night?                        |     |     |     |     |     |     |     |
| Sleep time: For how long did I sleep?<br>(time in bed - sleep onset latency - time spent awake) |     |     |     |     |     |     |     |
| Night-time sleep quality on a scale of 1 to 5<br>(1 = poor, 5 = excellent)                      |     |     |     |     |     |     |     |
| Fill out every evening:<br>Daytime alertness on a scale of 1 to 5 (1 = poor, 5 = excellent)     |     |     |     |     |     |     |     |

Other observations for the week:  
(E.g. insomnia exercises, environmental and other contributing factors)