



## Sleep diary

Keeping a sleep diary over the course of a week may help you notice things that may be disrupting your sleep. An example of a sleep diary is:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What time did you go to bed?							
How long did it take you to fall asleep?							
How many times did you wake during the night in total?							
What time did wake up?							
What time did you get up?							
How do you rate your quality of sleep last night?							