University of Essex

My Sleep Diary

It is normal to struggle with our sleep at times throughout our lives. If, however, you are experiencing long-term sleep issues then it is good to seek support. The first step towards improving your sleep is to record your current sleep and bedtime routine.

Day	What did I do in	What	What	What time	How	Did I	How long	What did I do when I
	the two hours	time did	time did	did I wake	long did	wake up	was I	woke up in the
	before bed?	I get in	l fall	up in the	l sleep	in the	awake in	night?
		to bed?	asleep?	morning?	for?	night?	the night?	
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								