

My Sleep Diary

Name:

	Time went to bed	Time woke up	Approx hours slept	Notes
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Which aspects of my sleep routine would I like improve?

What kind of changes can I make to my routine?

What differences would someone else notice if I made these changes?

How would my mornings feel different?

How might evenings feel different?

My sleep hygiene targets this month are:

1.

2.

3.

Think About

Reducing Screen Time

- Paying attention to how much time you are spending looking at blue lights, especially at night.

Using Downtime/Do Not Disturb on My Phone

- Putting your phone on airplane or do not disturb mode when it is time for bed.

Exercise

- Choose a time throughout the day that works best for you to exercise that will not keep you up at night.

Reducing Fizzy Drinks and Caffeine

- Be mindful of what is in your beverages at night.

Mindfulness

- For example, think of a goal time to be in bed by or put your phone on night mode.

Wind Down Routines

- An example of this could be taking a warm bath or meditation.