

Improving my sleep is important to me this week because....

Morning diary	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you turn out the light last night?							
How long did it take you to fall asleep?							
What time did you wake up this morning?							
How many times did you wake up during the night?							
How long were you awake for?							
How many hours did you sleep for in total?							
Did anything disturb your sleep?							
Sleep quality rating? 1=bad, 5=good							
How refreshed do you feel this morning?							
What time did you get out of bed?							
Evening diary	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many caffeinated drinks did you have today?							
What time was your last caffeinated drink?							
How much exercise did you do today?							
What time did you finish exercising?							
Did you have any alcoholic drinks today?							
What time was your last alcoholic drink?							
What time was your last drink of water?							
What time was your last food?							
Have you taken any medications that affect sleep?							
Have you done any relaxation exercises today?							
Did you have a nap today? If so, what time? How long for?							
Throughout the day have you felt.. Grumpy / Impatient / Tired / Moody / Unable to concentrate							
In the 1hr before bed, did you have a digital detox?							
What 3 things do you feel grateful for today?							