

What is a sleep diary?

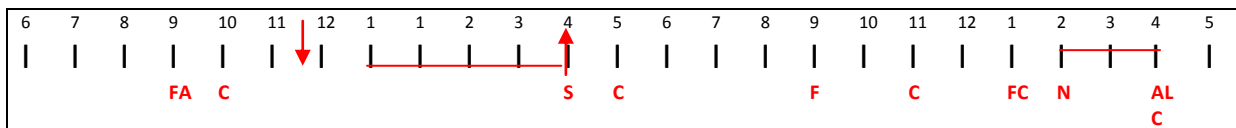
If you are experiencing sleep difficulties, completing a sleep diary is a first step to take to understand why sleep evades you, or is not following a 'regular' or expected pattern. A sleep diary is a useful tool to examine your current sleep pattern and habits in more detail. A sleep specialist will use a diary, in conjunction with a number of other tests and monitoring devices, to understand where issues with *your* sleep may be arising.

Why will completing this diary help me?

You may realise immediately where your struggles lie, and make small adjustments to your day time routine (which will quickly lead to improved sleep), or you may be at the point where you are ready to seek medical assistance. Sharing this completed diary with your GP, psychologist or sleep specialist will help them to understand more about what your personal pattern is, over a seven day period.

How do I complete this sleep diary?

This sleep diary has 7 days – each line across the page represents a 24 hour period. Each day of the diary starts at midnight. Use letters, lines and arrows on this page to indicate your sleep/awake pattern for the week. For example:



This person ate dinner (with wine) at 9pm, had a coffee at 10pm. He got into bed at 11.30pm but only fell asleep at 1am. He slept until 4am when he awoke spontaneously and did not get back to sleep. He had a coffee at 5am and ate some food at 9am. He had a coffee at 11 and something to eat and a coffee at 1pm. He napped from 2-4pm and had a coffee when he woke with an alarm at 4pm. etc

Start filling in your diary an hour before bedtime on the first day listed. Fill it in for everything up until bedtime that day (**↑, ↓, F, C, A**). Fill in your diary again when you wake up. The next day at bedtime, fill in your whole day – from wake up time to bedtime. Note that your day starts on one line and ends on another.

F	Place an F in the diary anytime you eat a meal or snack	A	If you have an alcoholic drink, put an A in your diary next to the time you drink it
C	When you have tea or coffee, place a C alongside the hour of day	N	Indicate any naps you took by placing an N alongside the hour and drawing a line for sleep until you woke
↓	This is the time you turn the lights out	↑	This is the time you get out of bed
	Sleep – complete this when you get out of bed in the morning indicating your sleep time with a line. If you woke during the night, leave a gap for that time	AL	How did you wake up? AL for alarm
		S	S for spontaneous. NB: ↑ and ↓ are the times you get into and out of bed. AL & S are for the time you woke up
Column A	Fill in this column when you get out of bed in the morning. How many minutes do you think it took you to fall asleep after you turned the lights out?		
Column B	Fill in this column when you get out of bed in the morning. Did you wake up one or more times after you went to sleep? If yes, how many minutes in total did you spend awake?		
Comment	Add any details you think your GP /sleep specialist should know e.g. prescribed medication or recreational drugs (and details) /sport played/worked late/stresses at work/visitors staying etc. Was this week better or worse than normal? What normally happens?		

