



Sleep diary

Week



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Complete in the morning							
How refreshed do you feel this morning, on a scale from 0 to 5?							
Do you recall waking up during the night? If so, how often/long?							
Do you remember having any bad dreams or nightmares?							
Did you exercise this morning?							
Did you get any daylight soon after waking up?							
 Complete in the evening							
Did you do any exercise within 4 hours of bed?							
Did you have any caffeine, alcohol, or high sugar foods within 4 hours of bed?							
Did you watch any TV or spend time on your phone before bed?							
Did you take any day time naps, if so how long were they?							
Did anything stressful or difficult happen today?							
Did you take any time to relax/wind down before bed?							