



SLEEP DIARY



Do you feel sleepy during the day or have trouble focusing while at school or work? Do you have trouble staying asleep, falling asleep, or waking up earlier than you'd like? Do you rely on coffee and energy drinks to get you through the day? This may mean that you're not building effective sleep habits and/or could benefit from tracking issues with sleep to talk to a doctor.

If you want to get ahead of the curve, start keeping a sleep diary to help you track your sleep behaviors and habits.

A sleep diary is a record of your sleep patterns and habits that include things such as:

- What time you went to bed
- How long it took to fall asleep
- The time you get up in the morning
- How many times you woke up during the night
- How refreshing the sleep was
- What may have been interfering with your sleep (e.g. temperature, breathing issues)
- Number of caffeinated beverages throughout the day
- Number of alcoholic beverages throughout the day
- Medications taken throughout the day
- Time spent exercising
- Activities leading up to sleep (e.g. 1 hour before bedtime)

You can use a diary to give you a better idea of your sleep patterns and habits, be more proactive about sleep solutions, give a doctor critical information about your sleep patterns, and possibly monitor if changes you are making are effective in improving your sleep habits.