

Sleep is an integral part of health and wellness. If poor sleep quality is making it hard to concentrate on your work, makes you stressed, or physically tired, this diary is a good place to start to track what's happening. You may find slight changes to your routine may help you get more rest.

: Use this sleep diary to track your daily sleep habits over one week (7 days). Before going to bed, reflect on your daily habits, mood, and activities. When you wake up, note how you're feeling and anything that delayed or supported your sleep the

Today is:  Sun  Mon  Tues  Wed  Thurs  Fri  Sat Total hours of sleep last night? \_\_\_\_\_

Bedt me: \_\_\_\_\_

Time last I had food | drugs | alcohol | caf eine: \_\_\_\_\_

Took a nap? Yes No If yes, what t me? \_\_\_\_\_

Mood: Energy Level:

1-2 hours before bed, I had: sleep aid (or other medicine)  
physical act vity