01

Sleep diary to fill out each morning

A great way to monitor your progress is by documenting your sleep in a sleep diary. This is a dedicated space for you to make note of how you slept each night and as a result how you felt during the day. All of this information will expand your awareness around what is improving your sleep and what is disrupting it.

Day of the week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sleeping							
Did you fall asleep (tick below):							
Easily							
After some time							
With difficulty							
What did you do in the hour before sleeping?							
What time did you attempt to go to sleep?							
How many times did you wake up in the night?							
How many minutes were you awake for?							
What woke you up? (e.g noise, pets, bathroom)							
What time did you wake up in the morning?							
How did you feel in the morning (Tick below):							
Refreshed							
Somewhat refreshed							
Tired/ fatigued							
Food, Exercise, Medicine & Lifestyle Considerations							
Did you use technology 1 hour before bed?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did you exercise for at least 20 minutes?	AM/ PM	AM/ PM	AM/ PM	AM/ PM	AM/ PM	AM/ PM	AM/ PM
Did you drink alcohol?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did you drink caffeine after 2pm?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Take any medication and/or supplements?							
How was your mood?							
Did you take a nap?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
If yes, how long for?							

This sleep diary will provide you with invaluable information about how you are sleeping and the small but significant changes in your sleep each night. You can use this information in your free 15 minutes sleep coaching session with one of the Naturopathic Sleep Specialists to take your sleep to the next level.