

My sleep diary

Note your sleep and learn more about how sleep affects your everyday life

Sleep diary instructions

Questions 1 and 2 are completed in the evening before bedtime, while questions 3 to 10 are answered in the morning shortly after you get up. The sleep diary must be completed every day for one or two weeks.

It is difficult to know precisely how long it takes you to fall asleep and how long you are awake at night. But the diary contains questions about these anyway because we want you to try to estimate these times (and not look at the clock). If something particular happens during the night, note what (illness, telephone call, etc.).

Here is a little help for answering each individual question. In the second column of the diary, there are examples of how to fill it in.

1. Quality during the day

Use the scale in the sleep diary to assess how you have functioned during the day.

2. Sleep during the day

All sleep periods other than your night's sleep are to be noted. For example, note if you fell asleep in front of the television for 10 minutes.

3. Help with sleeping

Note all types of sleeping aids, including non-prescription. Also note your alcohol intake, especially if it is used as a sleeping aid.

4. Bedtime

This includes both the time you go to bed, and the time you turn off the light. If you go in bed at 22:45 but don't turn the light off until 23:15, both times must be noted.

5. Sleep time

Give your best estimate of how long it took you to fall asleep after you turned off the light.

6. Number of times you woke up

Make a note of the number of times you woke up at night that you remember.

7. How long were you awake

Indicate as best you can how long you were awake each time you woke up at night. If this is impossible, try to write how long you were awake in total during the night. Do not count the time from when you wake up in the morning and until you get up (that is dealt with in questions 8 and 9).

8. Waking in the morning

Note the time you woke up in the morning without going back to sleep. If you woke up at 04:00, but slept again for a short period (e.g., from 06:00 to 06:20), then note 06:20.

9. Time you got up

Note the time you got up that morning.

10. Sleep quality

Use the scale in the sleep diary to note how you experienced the quality of your night's sleep.

My sleep diary

	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	24-9-2020							
1. How have you functioned during the day? 5 = really good, 4 = good, 3 = neither good nor bad, 2 = bad, 1 = very bad	2							
2. Have you had one or more sleep periods during the day? Make a note of the times for all periods.	16-16:30 and 18:15-18:30							
3. Have you taken sleeping pills and/or alcohol to help you sleep? (Note medication and dose; and any alcohol).	5 mg Zopiclone 1 glass of wine							
4. When did you go to bed? When did you turn off the light?	22:30 23:00							
5. How long did it take you to fall asleep from the time the light was turned off?	45 min							
6. How many times did you wake up during the night?	3							
7. How long were you awake? (Enter the no. of minutes for each waking period).	15, 30, 80							
8. When did you wake up in the morning without going back to sleep? (Note what time it was when you were completely awake).	06:15							
9. What time did you get up?	06:40							
10. How was your sleep last night overall? 1 = very light, 2 = light, 3 = medium, 4 = deep, 5 = very deep	1							