

SLEEP DIARY - NIGHT TIME WEEK 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
How many caffeinated drinks did you have before 5pm?							
How many caffeinated drinks did you have after 5pm?							
How many alcohol units did you have before 5pm?							
How many alcohol units did you have after 5pm?							
In minutes, how much exercise did you do today before 9pm?							
In minutes, how much exercise did you do today after 9pm?							
What time did you finish your evening meal?							
Did you have a nap today? If so what time and for how long?							
How would you describe your mood today?							
In the hour before bed, what had your routine included?							

SLEEP DIARY - NIGHT TIME WEEK 2

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
How many caffeinated drinks did you have before 5pm?							
How many caffeinated drinks did you have after 5pm?							
How many alcohol units did you have before 5pm?							
How many alcohol units did you have after 5pm?							
In minutes, how much exercise did you do today before 9pm?							
In minutes, how much exercise did you do today after 9pm?							
What time did you finish your evening meal?							
Did you have a nap today? If so what time and for how long?							
How would you describe your mood today?							
In the hour before bed, what had your routine included?							

SLEEP DIARY - MORNING WEEK 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What time did you go to bed last night?							
What time did you turn the light out?							
How long did it take you to fall asleep?							
How many times did you wake in the night?							
How long were you awake in total?							
What disturbed your sleep?							
How long did you sleep?							
What time did you wake up?							
Did you wake up naturally or to an alarm?							
How would you rate your sleep from 1-5? (1 being very poor, 5 being very good)							
How do you feel this morning (refreshed, lethargic, OK)?							
Any other notes?							

SLEEP DIARY - MORNING WEEK 2

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
What time did you go to bed last night?							
What time did you turn the light out?							
How long did it take you to fall asleep?							
How many times did you wake in the night?							
How long were you awake in total?							
What disturbed your sleep?							
How long did you sleep?							
What time did you wake up?							
Did you wake up naturally or to an alarm?							
How would you rate your sleep from 1-5? (1 being very poor, 5 being very good)							
How do you feel this morning (refreshed, lethargic, OK)?							
Any other notes?							