Sleep diary

One week of sleep, recorded each morning.

Name _____ Date _____

Fill in each column within an hour of getting up. Estimates are fine. Do not clock-watch in the night to get them exact.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Time I got into bed							
Time I tried to go to sleep							
Minutes to fall asleep							
Number of times I woke							
Minutes awake in the night							
Time of final waking							
Time I got out of bed							
Hours of sleep (estimate)							
Sleep quality (0 to 10)							
Naps (minutes)							
Caffeine after 2pm							
Alcohol (drinks)							

Bring this to your next session. We will use it to work out your sleep pattern and plan changes.

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Working out my sleep efficiency

How much of your time in bed is spent asleep?

Name _____ Date _____

Sleep efficiency is the share of your time in bed that you spend asleep. Good sleepers are asleep for around 85% to 90% of the time they are in bed. Use last week's sleep diary.

Night	A. Hours in bed	B. Hours asleep
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
Total		
Average (total divided by 7)		

Average hours in bed (A)	Average hours asleep (B)	Efficiency: B divided by A, times 100

What the number means

85% or more	Your time in bed is a good fit for your sleep. If you are still tired, you may be able to extend it a little.
80% to 84%	Reasonable. Keep your times steady and see how it settles.
Under 80%	You are spending a lot of time awake in bed. Shortening your time in bed is likely to help.

What I notice from these numbers

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