

Daytime activities & sleep ritual - complete at night before bed

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What did you eat and when?							
Did you exercise? What?							
Did you nap? When? Where?							
Alcohol or caffeine? What? When?							
How did you feel? Happy, sad, angry, anxious etc. And why?							
Medicines? What, when & how much?							
What was your bed-time							
Did you use meditation or relaxation							
What time did you go to bed?							

Sleeping & going back to sleep – complete each morning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you wake up?							
Time spent in bed not asleep. What did you do?							
Sleep breaks. Did you wake up/get up during the night? If so, what did you do?							
Quality of sleep and any other comments.							
How many hours did you sleep?							