

Sleep Diary

Name:

Dates:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake time	Wake: Get up:	Wake: Get up:	Wake: Get up:	Wake: Get up:	Wake: Get up:	Wake: Get up:	Wake: Get up:
Activity levels (how many minutes physically active? Type?)							
Regular meals – breakfast, lunch, dinner (See notes 1 & 2)	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:
Medications, supplements, etc							
Alcohol & Caffeine (How many of each?) (See Note 3)	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:
Stress levels for day (1 = high, 5 = low)							
Feelings - happy, sad, angry, anxious, depressed?							
Bedtime routine							
Quality of sleep & any sleep breaks (what did you do?)							
Any other comments?							
Total Sleep Hours							

Note 1 - Meals – Score 0 if skipped meal, 1 = unhealthy meal eg high fat, sugar or takeaways through to 5 = healthy meal, small portions, fruit/veg, little processed foods

Note 2 - Snacks –Score 1 = unhealthy snacks (eg biscuits, cake, chips, fizz); Score 2 = excess snacks; Score 3 = reasonable snacks; 4 = healthy snacks; 5 = no snacks

Note 3 - Alcohol – Record in units. One unit = 10g of alcohol = 100ml of wine, 330ml of beer, etc. More at www.alcohol.org.nz/alcohol-you/whats-standard-drink

Sleep Diary

Name:

Dates:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake time	Wake: Get up:	Wake: Get up:	Wake: Get up:	Wake: Get up:	Wake: Get up:	Wake: Get up:	Wake: Get up:
Activity levels (how many minutes physically active? Type?)							
Regular meals – breakfast, lunch, dinner (See notes 1 & 2)	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:	Bkft: Lunch: Dinner: Snacks:
Medications, supplements, etc							
Alcohol & Caffeine (How many of each?) (See Note 3)	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:	Caffeine: Alcohol:
Stress levels for day (1 = high, 5 = low)							
Feelings - happy, sad, angry, anxious, depressed?							
Bedtime routine							
Quality of sleep & any sleep breaks (what did you do?)							
Any other comments?							
Total Sleep Hours							