

Sleep diary

ID number:

Guidance for filling out the diary

The SLEEP diary is a daily record of important sleep-related information to calculate your sleep efficiency and identify your sleep patterns and any other factors that can influence your sleep.

- To keep an accurate sleep diary, please fill it out **every day**.
- The sleep diary comprises of **7 morning diary** questions and **7 evening diary** questions.
- The morning diary should be completed within one hour of getting out of bed in the morning.
- The evening diary should be completed just before going to bed.
- Question 8 in each of the morning and evening diaries is a space for you to write down anything you might think will be useful to remember that might have affected your sleep (e.g. having a cold, jet lag, sleepover at a relative or hotel).
- Completing the diary will take less than 5 minutes each day and it might be helpful to keep it on your bedside table as a reminder.
- Don't worry too much about giving exact answers, you are not expected to watch the clock excessively because of this. Just give your best estimate.
- For each week, fill in the date in the top left-hand box to indicate the start of that week (i.e. W/C: 05/07/21), and enter the day of the week in the top row of each column (i.e. Monday).

Week 1: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday							
1 At what time did you wake up this morning? <i>Final awakening</i>	7am							
2 At what time did you get out of bed? <i>What time did you get out of bed with no further attempt at sleeping?</i> <i>This may be different from your final awakening time you reported in question 1 (e.g. you may have woken up at 6:35 a.m. but did not get out of bed to start your day until 7:20 a.m.)</i>	7:20am							
3 At what time did you try to go to sleep last night? <i>Write the time that you got into bed (e.g. lights out)</i>	11pm							






Week 1: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>4 After settling down, how long do you think did it take you to fall asleep? (in minutes)</p> <p><i>Beginning at the time you wrote in question 3, how long did it take you to fall asleep?</i></p> <p><i>You are not expected to watch the clock excessively because of this. Just give your best estimate.</i></p>	25							
<p>5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)</p> <p><i>What was the total time you were awake between the time you first fell asleep and the time of your final awakening? For example, if you woke up 2 times during the night, for 20 min and 35 min, your answer will be 55 min.</i></p> <p><i>You are not expected to watch the clock excessively because of this. Just give your best estimate.</i></p>	70 min							

Week 1: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>6 Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken</p> <p><i>List the medication name, how much and when you took EACH different medication. If every night is the same, write "same" after the first day.</i></p>	<p>Med.: Sleepwell</p> <p>Dose: 50mg</p> <p>Time taken: 11pm</p>							
<p>7 How would you rate the quality of your sleep last night?</p> <p>1. Very poor 2. Poor 3. Fair 4. Good 5. Very good</p> <p><i>"Sleep Quality" is your sense of whether your sleep was good or poor.</i></p>	3							
<p>8 Notes</p> <p><i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i></p>	I have a cold							

Week 1: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1 How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2 How many units of alcohol did you have today? <i>One unit of alcohol:</i>  <i>Half pint of "regular" beer, lager or cider</i>  <i>Half a small glass of wine</i>  <i>1 single measure of spirits</i>  <i>1 small glass of sherry</i>  <i>1 single measure of aperitifs</i>	0							

Week 1: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>3 How many times did you nap or doze? In total, how long did you nap or doze?</p> <p><i>A nap is a time you decided to sleep during the day, whether in bed or not in bed. Estimate the total amount of time you spent napping or dozing, in hours and minutes. For instance, if you napped once, for 30 minutes, and dozed for 10 minutes, you would answer "40 minutes." If you did not nap or doze, enter 0 hours 0 minutes.</i></p>	<p>2 times</p> <p>1h 10min</p>							
<p>4 How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active</p>	7							

Week 1: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>5 How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)? <i>Have you noticed how you have felt during the day e.g. happy, anxious, sad, angry?</i></p>	5							
<p>6 How have you found managing your emotions today? Rating scale with 0 (extremely easy) – 10 (extremely difficult) <i>Have you been able to control any strong or sudden changes in emotions?</i></p>	6							
<p>7 How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)</p>	7							
<p>8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i></p>	I have a cold							

Week 2: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday							
1 At what time did you wake up this morning?	7am							
2 At what time did you get out of bed?	7:20am							
3 At what time did you try to go to sleep last night?	11pm							
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
6 Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							

Week 2: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 2: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1 How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2 How many units of alcohol did you have today?	0							
3 How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4 How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5 How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

Week 2: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 How have you found managing your emotions today? Rating scale with 0 (extremely easy) – 10 (extremely difficult)	6							
7 How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)	7							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 3: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday							
1 At what time did you wake up this morning?	7am							
2 At what time did you get out of bed?	7:20am							
3 At what time did you try to go to sleep last night?	11pm							
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
6 Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							

Week 3: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 3: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1 How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2 How many units of alcohol did you have today?	0							
3 How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4 How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5 How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

Week 3: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 How have you found managing your emotions today? Rating scale with 0 (extremely easy) – 10 (extremely difficult)	6							
7 How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)	7							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 4: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday							
1 At what time did you wake up this morning?	7am							
2 At what time did you get out of bed?	7:20am							
3 At what time did you try to go to sleep last night?	11pm							
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
6 Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							

Week 4: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 4: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1 How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2 How many units of alcohol did you have today?	0							
3 How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4 How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5 How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

Week 4: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 How have you found managing your emotions today? Rating scale with 0 (extremely easy) – 10 (extremely difficult)	6							
7 How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)	7							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 5: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday							
1 At what time did you wake up this morning?	7am							
2 At what time did you get out of bed?	7:20am							
3 At what time did you try to go to sleep last night?	11pm							
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
6 Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							

Week 5: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 5: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1 How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2 How many units of alcohol did you have today?	0							
3 How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4 How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5 How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

Week 5: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 How have you found managing your emotions today? Rating scale with 0 (extremely easy) – 10 (extremely difficult)	6							
7 How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)	7							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 6: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday							
1 At what time did you wake up this morning?	7am							
2 At what time did you get out of bed?	7:20am							
3 At what time did you try to go to sleep last night?	11pm							
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
6 Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							

Week 6: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 6: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1 How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2 How many units of alcohol did you have today?	0							
3 How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4 How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5 How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

Week 6: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 How have you found managing your emotions today? Rating scale with 0 (extremely easy) – 10 (extremely difficult)	6							
7 How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)	7							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 7: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday							
1 At what time did you wake up this morning?	7am							
2 At what time did you get out of bed?	7:20am							
3 At what time did you try to go to sleep last night?	11pm							
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
6 Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							

Week 7: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							

Week 7: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1 How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2 How many units of alcohol did you have today?	0							
3 How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4 How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5 How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

Week 7: Evening diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 How have you found managing your emotions today? Rating scale with 0 (extremely easy) – 10 (extremely difficult)	6							
7 How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)	7							
8 Notes <i>If you have anything that you would like to say that is relevant to your sleep feel free to write it here.</i>	I have a cold							