Sleep diary

Fill in each morning, within an hour of getting up. Week 1 of 2.

bettersleepdiary.app

	Example	Night 1	Night 2	Night 3	Night 4	Night 5	Night 6	Night 7
LAST NIGHT								
Date	*Mon 6 Oct*							
What time did you go to bed?	*22:40*							
What time did you try to go to sleep?	*23:00*							
How long did it take you to fall asleep? (minutes)	*35*							
How many times did you wake up?	*2*							
In total, how long were you awake in the night? (minutes)	*40*							
What time did you wake up for the last time?	*06:15*							
What time did you get out of bed?	*06:45*							
How long did you sleep in total? (hours and minutes)	*6h*							
How well did you sleep? (1 very badly, 5 very well)	*2*							
How tired do you feel this morning? (1 not at all, 5 very)	*4*							
YESTERDAY								
Cups of coffee, tea or cola yesterday	*3*							
Time of your last one	*16:30*							
Alcoholic drinks yesterday	*2*							
Did you exercise? Did you nap or doze off?	*Walk / no*							
Medication, stress or anything else	*Late work call*							
Sleep efficiency (time asleep ÷ time in bed × 100)	*6h of 8h 5m = 74%*							

Times in 24-hour clock. Leave a night blank if you miss it rather than guessing. Not medical advice; take the diary to your doctor if poor sleep goes on. Free from bettersleepdiary.app, made by SGWNI.

Sleep diary

Fill in each morning, within an hour of getting up. Week 2 of 2.

bettersleepdiary.app

	Example	Night 8	Night 9	Night 10	Night 11	Night 12	Night 13	Night 14
LAST NIGHT								
Date	*Mon 6 Oct*							
What time did you go to bed?	*22:40*							
What time did you try to go to sleep?	*23:00*							
How long did it take you to fall asleep? (minutes)	*35*							
How many times did you wake up?	*2*							
In total, how long were you awake in the night? (minutes)	*40*							
What time did you wake up for the last time?	*06:15*							
What time did you get out of bed?	*06:45*							
How long did you sleep in total? (hours and minutes)	*6h*							
How well did you sleep? (1 very badly, 5 very well)	*2*							
How tired do you feel this morning? (1 not at all, 5 very)	*4*							
YESTERDAY								
Cups of coffee, tea or cola yesterday	*3*							
Time of your last one	*16:30*							
Alcoholic drinks yesterday	*2*							
Did you exercise? Did you nap or doze off?	*Walk / no*							
Medication, stress or anything else	*Late work call*							
Sleep efficiency (time asleep ÷ time in bed × 100)	*6h of 8h 5m = 74%*							

Times in 24-hour clock. Leave a night blank if you miss it rather than guessing. Not medical advice; take the diary to your doctor if poor sleep goes on. Free from bettersleepdiary.app, made by SGWNI.