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My Sleep Diary

Seven mornings of simple notes about your nights. A rough guess is fine. If sleep stays hard after changing your habits, take this to your GP.

01 How to fill it in

Fill in one row each morning. Use the time on your clock or phone for bedtime and getting up, and a rough guess for the rest. Leave a box blank if you don't know.

The week starting on (date):

Anything unusual this week (illness, travel, shift work, a new medicine):

02 My seven nights

One row per night. For 'how rested', use 1 to 5 (1 = not at all rested, 5 = fully rested). Under caffeine or alcohol, write what you had and roughly when. In notes, write whatever might matter: stress, a late meal, noise, waking in the night.

Night of Day and date	Bed / up Bedtime, then wake time	How rested (1 to 5) On waking	Caffeine or alcohol What, and roughly when	Notes Anything that might matter

03 Looking back at the week

Look for patterns, not a grade.

What do I notice? (Are the same nights better or worse? Anything in common?)

What did I have to drink on the best nights compared with the hardest ones?

Overall, how rested did I feel this week, from 1 (not at all rested) to 5 (fully rested)?

04 One thing to try

The NHS suggests several habits. They include going to bed and getting up at around the same time each day, putting your phone away before bed, avoiding exercise in the 4 hours before bed, and not smoking or drinking alcohol, tea or coffee at least 6 hours before bed. Pick one to try for a week. The NHS also says not to drive when you feel sleepy.

Tick one:

- [ ] Go to bed and get up at around the same time each day
- [ ] Put my phone away before bed
- [ ] Avoid exercise in the 4 hours before bed
- [ ] No alcohol, tea, coffee or smoking in the 6 hours before bed
- [ ] Something else I'll try:

What I'll try, and from when:

05 Is it time to speak to a GP?

The NHS says to consider seeing a GP if changing your sleep habits hasn't helped, if you've had trouble sleeping for months, or if insomnia makes daily life hard to manage. It also says stress, anxiety or depression, and alcohol, caffeine or nicotine, can cause insomnia. This is not a test, just a prompt.

Tick any that are true:

- [ ] I've changed my sleep habits and it hasn't helped
- [ ] I've had trouble sleeping for months
- [ ] Poor sleep makes my days hard to manage
- [ ] I feel low, anxious or very stressed as well
- [ ] I think a medicine might be affecting my sleep
- [ ] I snore loudly, stop breathing in my sleep, or fall asleep when I don't mean to

What I want to tell my GP (bring this diary):

When you're done, a moment to reflect

- Did filling in the diary change anything about how I think about my nights?
- What pattern, if any, stood out?
- What would I like to ask a doctor or pharmacist about?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/sleep-diary-printable

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.