

Sleep Diary

Fill out this sleep diary every morning to the best of your ability. Over time, you'll be able to track and explore the habits, patterns and routines that affect your sleep.

SLEEP	Got into bed at:	<input type="text"/>	How long it took to fall back asleep:	<input type="text"/>
	Turned off the lights at:	<input type="text"/>	Woke up for good at:	<input type="text"/>
	Time it took to fall asleep:	<input type="text"/>	Rate how you felt at wakeup (1 = worst, 10 = best):	<input type="text"/>
	How many times did you wake up throughout the night?	<input type="text"/>	Got out of bed at:	<input type="text"/>
	What disrupted your sleep?	<input type="text"/>	Rate your overall sleep quality (1 = worst, 10 = best):	<input type="text"/>
	Describe your bedtime routine:		<input type="text"/>	

ACTIVITY	How many naps did you take yesterday?	<input type="text"/>	Total nap duration:	<input type="text"/>	
	When was your last nap of the day?	<input type="text"/>	Rate your energy level throughout the day (1 = worst, 10 = best):	<input type="text"/>	
	What did you do for exercise?		<input type="text"/>		
	When did you exercise, and for how long?		<input type="text"/>		

FOOD & DRINK	Number of caffeinated beverages consumed throughout the day:	<input type="text"/>
	Time of last caffeinated beverage:	<input type="text"/>
	List any food/drink consumed in the 2-3 hours before bed:	<input type="text"/>

Sleep Management Plan

J Ma



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