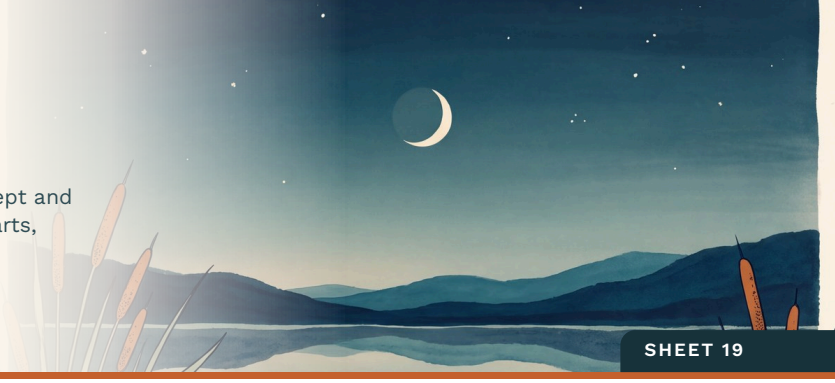
14 NIGHTS · FILL IN EACH MORNING

Sleep and Stress Diary

Each night is a bar from 6 pm to noon. Shade the hours you slept and the page becomes a picture of your nights: you will see late starts, broken stretches and drifting wake-up times at a glance.



SHEET 19

Name _____ **Night 1 is** _____

↓ the time you got into bed **Shade** the hours you were asleep **W** awake in the night ↑ the time you got up **Z** a daytime nap

EXAMPLE



In bed 10.45 pm, asleep 11.30, awake 2.40 to 3.10, woke 6.45, up 7.20.

NIGHT	PM 6 7 8 9 10 11 MIDNIGHT 12 1 2 3 4 5 AM 6 7 8 9 10 11	QUALITY 0-10	STRESS 0-10	LAST caffeine	ALCOHOL	SCREENS off 1 h	GUT woke me
1 date					○	○	○
2 date					○	○	○
3 date					○	○	○
4 date					○	○	○
5 date					○	○	○
6 date					○	○	○
7 date					○	○	○
8 date					○	○	○
9 date					○	○	○
10 date					○	○	○
11 date					○	○	○
12 date					○	○	○
13 date					○	○	○
14 date					○	○	○

After 14 nights

Usual time asleep (hours) _____ Nights woken _____

Wake-up time varied by (hours) _____ Average stress _____

My best nights followed days when

_____

Things to tell a doctor

- ☐ Someone has noticed my breathing pause, or I wake gasping
- ☐ I am sleepy enough in the day to worry about driving
- ☐ Poor sleep three nights a week for three months
- ☐ Gut pain wakes me from sleep

! **Use this sheet as a diary of your sleep.** Cutting down your time in bed needs trained support, so do not do it from these numbers. Never drive when sleepy. Do not stop prescribed sleeping tablets suddenly, and do not use alcohol to get to sleep.