

# Sleep Diary

Use this form to keep track of your progress. Each morning, place check  in the box beside the strategies you used the day before and then rate your overall sleep score for that night.

Week: \_\_\_\_\_

Sleep Strategy	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Comfortable sleep environment							
Relaxation exercise							
Light bedtime snack							
Exercised late afternoon or early evening (but at least 2 hours before bed)							
Followed bedtime routine							
Woke up at set time							
Went to bed when sleepy							
Used bed only for sleep							
Got out of bed if not asleep within 20-30 mins.							
Avoided caffeine, alcohol, and smoking at least 4 hrs before bedtime							
Avoided naps							
Natural light in the morning							
Other strategy (specify):							
Quality of sleep: Rate from 0 to 10							
0 = poor sleep/restless and unsatisfying							
10 = no sleep problems/restful and satisfying							

**Comments:**