

## Practical Health Strategies

### One Week Sleep Diary Instructions

The purpose of the sleep diary is to get a more objective, day-to-day picture of your sleep routine and your insomnia than we would get from memory averaged over a week. But don't let this become a stress itself, just make your best estimate for each answer. There are two sets of questions: The first four questions should be answered at the time you go to bed. The rest of the questions should be answered when you get up. Below is a little detail about the questions:

1. Did you nap or doze off today? When and how long? This should include even very short naps or dozing as little as 10 minutes. Include even unintentional dozing.
2. Did you consume any stimulants in the last three hours and how much? Include coffee, tea, soft drinks and energy drinks with caffeine, stimulant ADD/ADHD medications, nicotine (including patches, gums, and all tobacco products), and chocolate.
3. Did you consume any relaxants in the last three hours? (alcohol, sleeping aids, etc.) This should include anything considered chemically relaxing: alcohol, sedatives, "nerve" pills, relaxing teas, sleeping pills, OTC sleeping aids (including "pm" products).
4. What time did you get in the bed? This is the time you actually got in the bed, even if you were not planning to fall asleep immediately.
5. How long did it take you to first fall asleep? About what time was that? This question relates to how long you were in bed, even if you weren't trying to sleep. (If you watched TV, read, etc., before trying to sleep you should show both times, like this: time from getting in the bed/time from "lights out") The second part is looking at whether you fall asleep about the same time regardless of time in the bed.
6. How many times did you wake up during the night? Looking back over the night, note how many times you remember waking up even briefly. Don't feel stressed over this question, just note what you remember. (Most people wake up many more times than they remember.)
7. Did you have trouble falling back to sleep when you woke up? How long? This questions relates to falling back asleep after the awakenings in question 6. This helps distinguish many short awakenings from a few long awakenings.
8. What time did you finally wake up in the morning? (The last time.) This question relates to the final awakening before you actually got out of the bed.
9. What time did you get out of the bed for the day? This question relates to how long you stay awake in bed before getting up.
10. How much sleep did you get? This should be your best guess at how long you slept, not including wake time during sleep period.
11. How rested did you feel after about 10 minutes after you got out of bed? Rate your feeling of restfulness. Estimate it after being up about 10 minutes, not the second you get up but not long after or after a stimulant. Rate it on a scale of 1 to 5: 1 = energized, 2 = rested and feeling well, 3 = rested but not motivated, 4 = a little sluggish, 5 = obviously sleepy and fell like you need to go back to bed.