

# Awaken your best.

Keeping track of your sleep  
Your sleep diary



**ResMed**

# SLEEP DIARY

Do you experience daytime sleepiness? Are you having trouble going to sleep at night? Or are you struggling to stay asleep, or waking up earlier than you would like? Does it feel like no matter how much you sleep it's never enough?

If this sounds familiar, you may be suffering from a sleep disorder. Sleep disorders are diagnosed by having a sleep test either at a sleep lab or at home. One way to help you consider whether you need to take a sleep test or not, is to monitor your sleep and sleep habits for a few weeks using a sleep diary.

## Keeping a sleep diary:

Keeping a sleep diary allows you to give your GP or sleep specialist a clear picture about what's happening with your sleep. In addition you may also start to identify some poor sleep habits that could be at the heart of your sleep problems, rather than a sleep disorder.

A sleep diary may also have a positive impact on your sleep through encouraging you to prioritise your sleep further.

To understand what your current sleeping situation is, you should record your sleeping habits consistently. Digital sleep tracking devices, like apps and smart watches, may help you to track your patterns automatically. Most can record when you go to sleep and wake up, plus highlight movements through the night and flag any interruptions to your sleep. It is also a good idea to monitor other habits, like diet, exercise and night time routines that affect your sleep.

## Tracking your sleep:

Tracking your sleep in the week leading up to seeing a doctor can help identify the culprit of your sleeplessness. It can also help highlight areas that you could change in an effort to improve your sleep. The best way to promote good sleeping habits is by:

- Reducing alcohol and caffeine
- Reducing screen-time in the hours leading up to bed
- Exercising daily

Eating foods that promote a good night's rest. Use a sleep diary to track your sleep habits and present it to your doctor to help inform any discussion you may have with them on the subject.

On the following page we've provided a sleep diary template you can use to track your sleep habits:

# SLEEP TRACKING TEMPLATE

According to the Mayo Clinic<sup>3</sup> the average adult requires from 7 to 9 hours of sleep every day in order to function at our peak.

Threats to a good night's sleep can be any range of issues that you can or can't change, including environmental, cultural, emotional, physical and psychological sleep barriers.

DAY OF THE WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Sleeping</b>							
What did you do in the hour before sleeping?							
What time did you attempt to go to sleep?							
What was your final wake-up time?							
<b>Did you fall asleep:</b> (select one)							
Easily							
After some time							
With difficulty							
How many times did you wake throughout the night?							
How many minutes were you awake?							
What woke you? For example: noises, pets, allergies, too hot or cold, nightmare.							
<b>How did you feel when you awoke?:</b> (Select one)							
Refreshed							
Slightly refreshed							
Tired/fatigued							
<b>Food &amp; Exercise</b>							
How many caffeinated drinks did you have after 2pm?							
How many alcoholic drinks did you have after 2pm?							
Did you use a Laptop/PC/Tablet/Smartphone within 2 hours of bed? (Select)							
Did you exercise for at least 20 minutes? (Select)							
List any medications you took: (List)							
How was your mood during the day? (I)rritated/(H)appy/(M)oderately Happy/(V)ery Happy (Select)							
Did you take a nap during the day? (Select)							
How long were they, in total?							
Did you doze off at all during the day? (Select)							
When? (Select)							

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## FREE SLEEP ASSESSMENT

Keeping a sleep diary is a positive step for your sleep. Monitoring your sleep habits can enable you to identify sleep patterns and habits and may give you a better understanding of what's happening with your sleep.

If you would like to find out more about your sleep, why not take our free online sleep assessment:

TAKE THE QUIZ TODAY >

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