

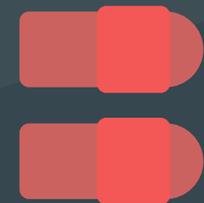
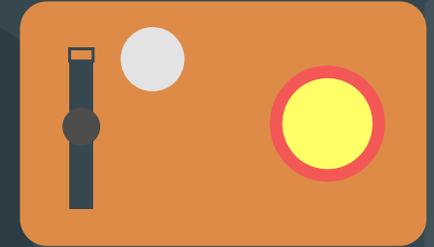
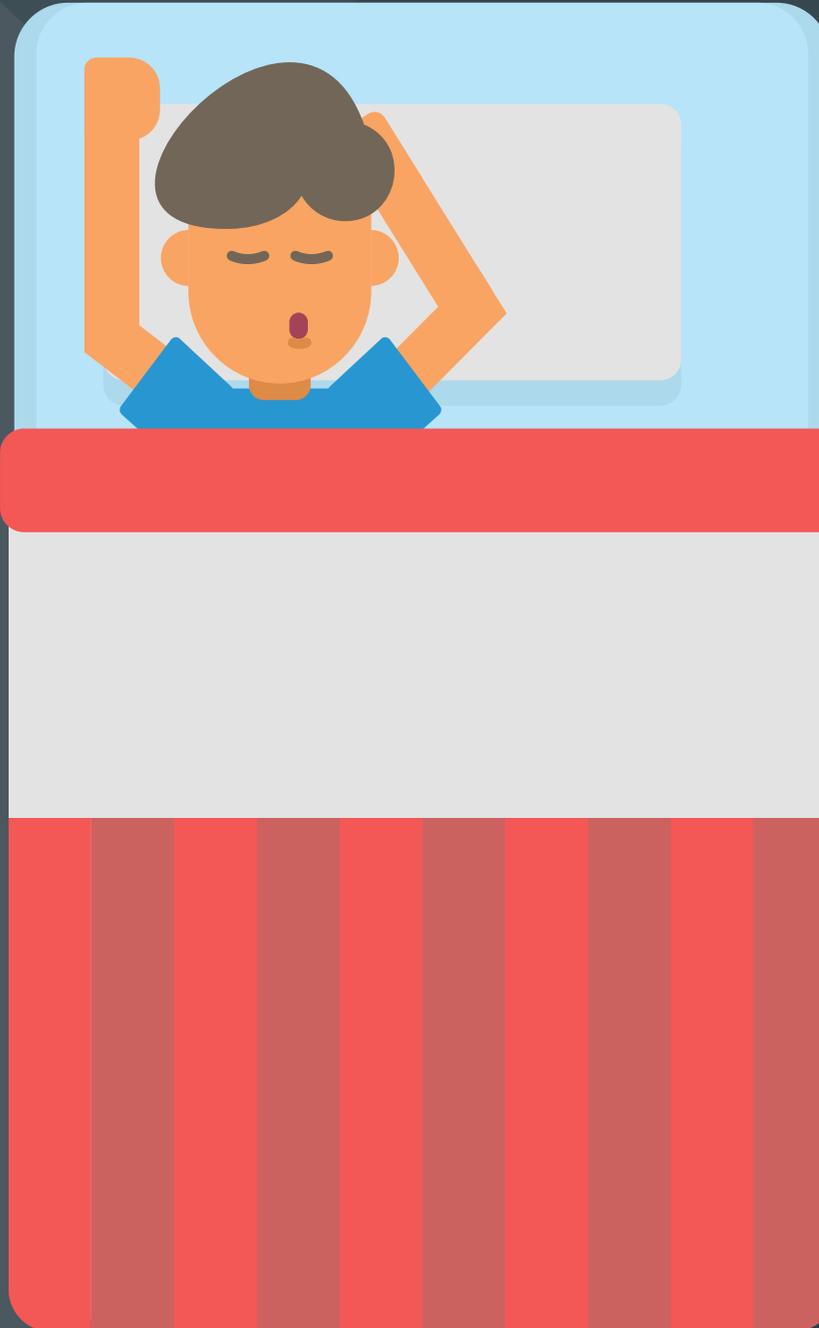
## Sleep diary

Getting enough sleep is important for your health and happiness. Generally, if you sleep better you feel better. On the other hand, poor sleep can make you feel low and increase your risk of conditions like diabetes and heart disease.

Our sleep diary will help you record your sleep-wake pattern, allowing you to measure the quality of your sleep and spot factors that may affect your sleep.

### How to complete the sleep diary

- Spend a few minutes each day to complete the diary – some questions will need to be answered in the morning and some at the end of the day
- Fill out the diary for at least two weeks
- Review your completed diary to see if you spot any habits or behaviours that are affecting your sleep, either positively or negatively
- If you notice a pattern, try making small changes and try them out for at least a week to see whether you notice any difference



Complete this section when you wake up

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of the week							
What time did you go to bed last night?							
What time did you attempt to sleep?							
How long did it take you to fall asleep?							
How many times did you wake in the night?							
How long were you awake during the night in total?							
When was the last time you woke up?							
What time did you get out of bed?							
How would you rate your quality of sleep from 1 (lowest) to 5 (highest)?							
How do you feel this morning? Refreshed, OK or lethargic?							
Any other notes?							

Complete this section before you go to sleep

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of the week							
How many caffeinated drinks did you have <i>before</i> 5pm?							
How many caffeinated drinks did you have <i>after</i> 5pm?							
How many units of alcohol did you have <i>before</i> 5pm?							
How many units of alcohol did you have <i>after</i> 5pm?							
In minutes, how much exercise did you do today?							
Have you taken any medications today?							
Did you have a nap today and for how long (in minutes)?							
Throughout the day have you felt any of the following: grumpy, impatient, tired, moody, unable to concentrate?							
In the hour before bed what has your bedtime routine included?							

# Having sleep problems?

If you are having problems with your sleep and feel it is affecting your health, or you have been feeling constantly tired for more than 4 weeks, it's a good idea to see your GP so they can confirm or rule out a medical condition that could be causing your tiredness.

For more information about the causes and effects of poor sleep, visit:

[www.nhs.uk/live-well/sleep-and-tiredness](http://www.nhs.uk/live-well/sleep-and-tiredness).

## Useful resources

- **The Sleep Council**  
Provides educational leaflets, a 30-day sleep better plan and a podcast series dedicated to helping people get a better night sleep.  
[sleepcouncil.org.uk](http://sleepcouncil.org.uk)
- **British Snoring & Sleep Apnoea Association**  
Useful information and advice to help snorers and their bed partners improve their sleep.  
[britishsnoring.co.uk](http://britishsnoring.co.uk)

## About NCMH

The National Centre for Mental Health brings together leading researchers from Cardiff, Bangor and Swansea University to investigate the triggers and causes of mental health problems.

We aim to help improve diagnosis, treatment and support for the millions of people affected by mental ill-health every year, as well as tackle the stigma faced by many.

To find out more, or to help with our research, visit [www.ncmh.info](http://www.ncmh.info) or phone us on 029 2068 8401.



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