

SLEEP DIARY

SLEEP DIARY INSTRUCTIONS:

1. Write the date, day of the week, and type of day: School, Weekend or Holiday
2. Colour in the boxes (with the colour code) for

asleep
 caffeine
 medicine
 exercise
 tech
 relaxation

Date	Day	Type of day School, weekend, holiday	Noon	1PM	2	3	4	5	6PM	7	8	9	10	11PM	Midnight	1AM	2	3	4	5	6AM	7	8	9	10	11AM
30/1	Mon	School																								

SLEEP DIARY

TIPS FOR GREAT SLEEP

	1	2	Comments
<p>1. GET REGULAR: Train your body's natural clock by (1) going to bed around the same time, (2) getting up around the same time, (3) get regular exercise, (4) ensure to get some daylight, (5) avoid napping, (6) balanced diet with last meal at least 4 hours before bed.</p>			
<p>2. RIGHT TIMING: Avoid caffeine, nicotine, and alcohol 4-6 hours before bed. These affect sleep quality and sleepiness. There are also activities that should be avoided in the wind-down portion of your evening including exercise, TV/ screen-time, large meals, heated arguments.</p>			
<p>3. PREPARE BED- ZONE: Make your bedroom easier to sleep in by (1) keeping the temperature cool, (2) reduce distractions, (3) only associated the bed with sleep, (4) get comfortable with clothes, pillows etc</p>			
<p>4. WIND-DOWN: Get body temperature cool, use relaxation, stretches...</p>			
<p>5. TROUBLE SHOOTING: Try not to clock-watch, if you can't sleep within 20 minutes, get up and do something boring.</p>			

GOALS TO IMPROVE SLEEP
