



Sleep Diary Template

To help monitor sleeping patterns.

www.willowproject.com

01942 679300

mail@willowproject.com

DATE:

TIME I GOT IN BED LAST NIGHT:

TIME I WENT TO SLEEP LAST NIGHT:

TIME I WOKE UP THIS MORNING:

TIME I GOT OUT OF BED THIS MORNING

WHAT DID YOU DO TO RELAX BEFORE BED?

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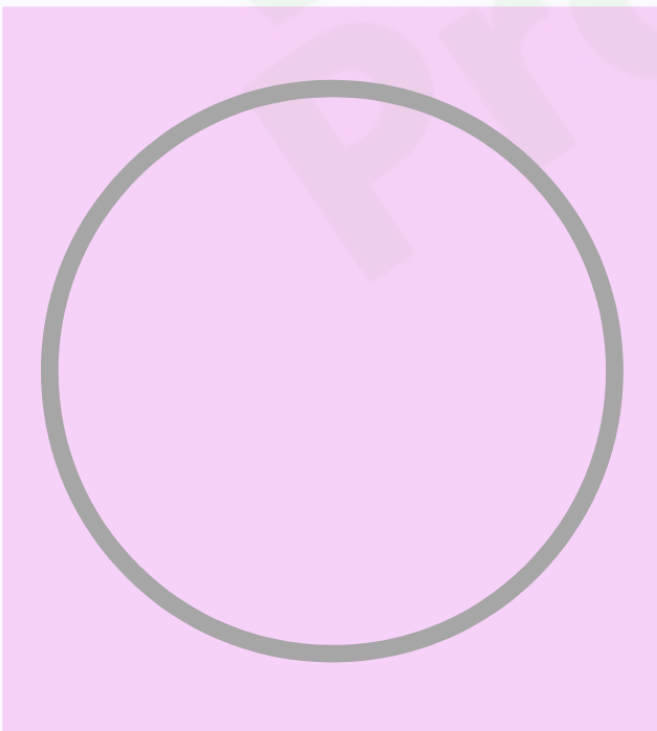
CUPS OF WATER



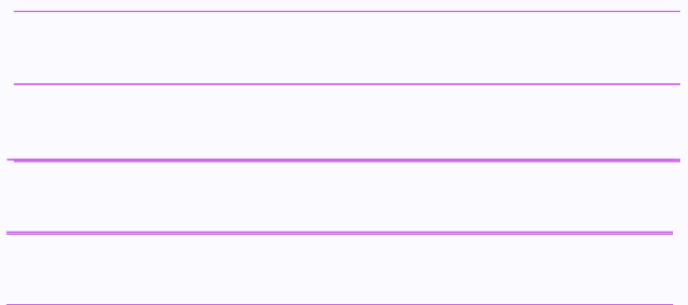
MAKE A NOTE ABOUT FIZZY DRINKS/SUGAR/CAFFEINE



DRAW HOW YOU FELT YESTERDAY FOR THE MAJORITY OF THE DAY. SEE NEXT PAGE FOR IDEAS



OTHER NOTES ABOUT YESTERDAY



FEELINGS & EMOTIONS

Track your feelings and emotions by drawing in the blank circle. Here are some examples of what you could draw:



**SMILEY FACE FOR
FEELING HAPPY**



**SAD FACE FOR
FEELING UPSET/DOWN**



**CROSS FACE FOR
FEELING ANGRY**



WEEKLY SLEEP REFLECTION

AT THE END OF THE 7TH DAY USING YOUR SLEEP DIARY, THINK ABOUT ANY PATTERNS YOU'VE NOTICED.

FOR EXAMPLE, HAVE YOU FELT A DIFFERENT WAY DURING THE DAY, HAVE YOU NOTICED YOU HAVE TOO MUCH SUGAR OR NOT ENOUGH WATER

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WHAT ONE CHANGE CAN I MAKE THIS WEEK?
(AIM TO CHANGE ONE PER WEEK)

FOR WEEK 2 ONWARDS:

THINKING ABOUT THE CHANGE YOU MADE THIS WEEK, WAS IT EASY TO MAKE THE CHANGE?

IF NOT, HOW CAN YOU MAKE IT EASIER FOR YOURSELF?



TIPS TO HELP GET INTO A GOOD SLEEP ROUTINE

BELOW ARE SOME TIPS THAT MIGHT HELP WITH YOUR SLEEP PATTERN, ALONGSIDE YOUR SLEEP DIARY.

- Get into a routine
e.g. Getting into bed at a reasonable time and being consistent.
- Relax before bedtime
e.g. having a bath, reading a book, listening to calming music
- Try to make the sleeping environment as comfortable as possible
If you are sleeping space is cluttered, try your best to make it as tidy as possible
e.g. is your pillow comfortable? Experiment with temperature and light and see what the best combination for you is
- Identify any worries you are experiencing by talking to a trusted friend/family member
- Drink plenty of water
- Try and eat healthy foods
- Engage in exercise/movement during the day
i.e. dance for 10 minutes or run up and down the stairs a few times

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