

# Sleep Skills Diary

Use this worksheet to track your daily use of sleep skills. Place a check mark in the box for skills you used on a given day. Leave the box blank if you did not use a particular skill on that day. Aim to use as many strategies as possible for maximum sleep benefits. Use your sleep quality ratings to track your weekly progress.

<b>Week of:</b>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
No caffeine within 2 hrs of bedtime							
No alcohol within 2 hrs of bedtime							
No smoking within 2 hrs of bedtime							
Exercise at least 2 hrs before bedtime							
Woke up on time (aim for same routine each day)							
Went to bed on time (aim for same routine each night)							
No naps during the day							
Not hungry when going to bed							
No heavy meals within 2 hrs of bedtime							
Got out of bed when awake for more than 30 minutes							
Other strategy (describe):							
Other strategy (describe):							
<b>Sleep quality</b> Choose a number between 0 and 10 0 = didn't get any sleep at all 10 = no sleep problems and awoke fully rested							

Note:

Avoiding caffeine, alcohol, smoking, heavy meals or exercise 2 hours before bedtime may not be enough time for some people to experience sleep benefits. Start by avoiding these experiences within 2 hours of bedtime. If few sleep benefits are experienced then gradually increase the time period until quality of sleep improves.