



# Your 'How To' Sleep Well Diary



This sleep diary is designed to be used with the [How to Sleep Well & How to Sleep Well - Top Tips](#) downloads. Review your progress & if after 2/3 weeks you are still not sleeping well, it is advisable to seek medical advice.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sleeping &amp; Getting Back To Sleep</b> - Fill in each morning for 2 weeks & see if there is any noticeable pattern?							
<b>Bed Time</b>							
<b>Wake-up Time</b>							
<b>Time Spent in Bed Not Sleeping</b> What did you do?							
<b>Sleep Breaks</b> Did you get up in the night? If so what did you do?							
<b>Quality of Sleep &amp; Other Comments</b>							
<b>Total Sleep Hours</b>							
<b>Felt Tired /Fell Asleep In The Day?</b> When & for how long?							