



# The Sleepability Diary

Sleep is important, but maybe until now, you didn't realise just how important it is. For a healthy immune system, good mental health, performance, quality of life, creativity and even lifespan, there is no time like the present to start sleeping well.

As a welcome to my subscribers, you can take an important first step: complete the Sleepability Diary which can help you spot patterns in your daily routine which may negatively impact your sleep.

## Using your Diary

- 🌙 Please complete morning and evening. It takes just a few minutes to record your daily observations
- 🌙 Complete the diary for at least two weeks. Please print additional copies for week 2, etc. Remember: it takes a month to embed a new habit so feel free to continue after week 2
- 🌙 At the end of week 2, please review your diary to identify any patterns that may be hindering your sleep (e.g. tech, caffeine consumption, medication, pain, worry, stress, etc).
- 🌙 If you notice a pattern, make one change at a time and implement for at least one week, preferably two weeks.

**Remember: you're not alone. If you need help with your sleep problem, why not work with me on a 1:1 basis?  
Start your journey to sleeping well, naturally. Because sleep matters.**

# Sleep Diary – morning




	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
→							
o to bed last night?							
ake today?							
ll asleep:							
you wake last night?							
wake in total last night?							
leep in total last night?							
s disturbed your sleep? (comfort, lights, temperature, noise, pain, loo							
factors disturbed your sleep? (worry, stress, anxiety, depression, bad							
sleep from 1-5 (1 being very poor; 5 being very good?)							
morning?							
complete overleaf if necessary)							



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# Sleep Diary – end of the day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
DAY OF THE WEEK 							
Number of caffeinated drinks BEFORE 12 noon							
Number of caffeinated drinks AFTER 12 noon							
Number of alcohol units BEFORE 5pm							
Number of alcohol units AFTER 5pm							
In hours, how much exercise BEFORE 9pm							
In hours, how much exercise AFTER 9pm							
List medication and dosage taken today (write overleaf if necessary)							
Did you have a nap today or this evening? If so, for how long (mins)							
Have you experienced any of the following today: <ul style="list-style-type: none"><li>• Irritable</li><li>• Impatient</li><li>• Tired</li><li>• Moody</li><li>• Poor concentration</li></ul>							
What is your usual routine in the hour leading up to bedtime? (write overleaf if necessary)							
Any other notes?(write overleaf if necessary)							



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Start your journey to sleeping well again, naturally.

**Because sleep matters.**

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