

Instructions:

Use this calendar to track your sleep habits throughout the month. Answer all 4 questions each morning after you wake up.

1. What time did you go to bed?
2. How long did it take you to fall asleep last night?
3. How many times did you wake up during the night?
4. What time did you wake up?

Example:

Sunday
10pm
30 minutes
2
7am

Sleep Diary

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Tips for Improving Your Sleep

1. Keep a consistent schedule
2. No weekend catch-up
3. Limit Naps
4. Make healthy routines
5. Make the bed a sleep-only zone
6. Create a relaxing bedtime routine
7. No electronics in the bedroom
8. Schedule 8-10 hours of sleep
9. Limit caffeine