My sleep journal

My sleep goal* is:

Date of day one:

	MON	TUE	WED	THUR	FRI	SAT	SUN
What time did you go to bed last night?							
How long did it take you to fall asleep?							
How many times did you wake up?							
How long were you awake during the night?							
At what time did you wake up?							
At what time did you get up?							
How many hours did you spend in bed?							
Rate the quality of your sleep out of five							

*Getting a good night's sleep is essential for our wellbeing. It's not just quantity that counts, but quality too. A sleep journal can help you to identify patterns and behaviours influencing your sleep. Setting a goal (such as getting up at the same time) can also keep you focused on forming good habits. Starting on a Monday, complete this sleep diary every morning for one week. Don't worry about giving exact answers, an estimate will do.

Get a good night's sleep

1. Make time to wind down. Run a warm bath or shower, stretch or read

2. Try to keep regular times for going to bed and getting up

3. Only get into bed when you feel tired

4. Try to build exercise into your daily routine

5. Avoid nicotine, alcohol and heavy meals in the evening

6. Make sure your bedding is comfortbale

7. Keep your bedroom dark and cool

8. Make sure your bedroom is clean and clutter-free

9. Switch to decaffeinated drinks in the afternoon and evening

10. Avoid screens that emit blue light for at least an hour before bed

#ACTNOW

pharmacistsupport.org