

# Sleep Diary

Good quality and quantity sleep is important for your health, well-being and happiness. When you sleep better, you feel and function better. Aim for 7-9 hours of sleep per day.



## Directions:

Use this sleep diary to track your daily sleep habits over one week. Before going to bed, reflect on your daily habits, mood and activities. Upon waking up note how you're feeling and anything that delayed or supported your sleep the night before. At the end of the week review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep. Make incremental changes to your routine as needed. Changing one habit at a time can set you on the path to healthy sleep. If you are experiencing major sleep disturbances that interfere with your well-being, consider scheduling an appointment with a healthcare provider.

**Day 1** Today is:  S  M  T  W  T  F  S Total hours of sleep last night: \_\_\_\_\_

### BEFORE BED:

Bedtime \_\_\_\_\_:\_\_\_\_\_ AM PM

Physical activity for \_\_\_\_\_ min(s)

Consumed drugs (prescription or non-prescription) and/or caffeine:  morning  afternoon  evening

Napped at \_\_\_\_\_:\_\_\_\_\_ AM PM for \_\_\_\_\_ min(s)

Mood:  😊  😐  ☹️ Energy level: ⚡⚡⚡⚡⚡

In the last 1-2 hours:  alcohol  food  phone/device

### AFTER WAKING UP:

Wakeup time today \_\_\_\_\_:\_\_\_\_\_ AM PM

Fell asleep:  easily  after some time  with difficulty

Woke up feeling:  😊  😐  ☹️  🛌

Sleep disturbed by: \_\_\_\_\_

Sleep strategy: \_\_\_\_\_

Bedtime routine: \_\_\_\_\_

**Day 2** Today is:  S  M  T  W  T  F  S Total hours of sleep last night: \_\_\_\_\_

### BEFORE BED:

Bedtime \_\_\_\_\_:\_\_\_\_\_ AM PM

Physical activity for \_\_\_\_\_ min(s)

Consumed drugs (prescription or non-prescription) and/or caffeine:  morning  afternoon  evening

Napped at \_\_\_\_\_:\_\_\_\_\_ AM PM for \_\_\_\_\_ min(s)

Mood:  😊  😐  ☹️ Energy level: ⚡⚡⚡⚡⚡

In the last 1-2 hours:  alcohol  food  phone/device

### AFTER WAKING UP:

Wakeup time today \_\_\_\_\_:\_\_\_\_\_ AM PM

Fell asleep:  easily  after some time  with difficulty

Woke up feeling:  😊  😐  ☹️  🛌

Sleep disturbed by: \_\_\_\_\_

Sleep strategy: \_\_\_\_\_

Bedtime routine: \_\_\_\_\_

**Day 3** Today is:  S  M  T  W  T  F  S Total hours of sleep last night: \_\_\_\_\_

### BEFORE BED:

Bedtime \_\_\_\_\_:\_\_\_\_\_ AM PM

Physical activity for \_\_\_\_\_ min(s)

Consumed drugs (prescription or non-prescription) and/or caffeine:  morning  afternoon  evening

Napped at \_\_\_\_\_:\_\_\_\_\_ AM PM for \_\_\_\_\_ min(s)

Mood:  😊  😐  ☹️ Energy level: ⚡⚡⚡⚡⚡

In the last 1-2 hours:  alcohol  food  phone/device

### AFTER WAKING UP:

Wakeup time today \_\_\_\_\_:\_\_\_\_\_ AM PM

Fell asleep:  easily  after some time  with difficulty

Woke up feeling:  😊  😐  ☹️  🛌

Sleep disturbed by: \_\_\_\_\_

Sleep strategy: \_\_\_\_\_

Bedtime routine: \_\_\_\_\_

## Day 4

Today is:  S  M  T  W  T  F  S

Total hours of sleep last night: \_\_\_\_\_

### BEFORE BED:

Bedtime \_\_\_\_\_:\_\_\_\_\_ AM PM

Physical activity for \_\_\_\_\_ min(s)

Consumed drugs (prescription or non-prescription) and/or caffeine:  morning  afternoon  evening

Napped at \_\_\_\_\_:\_\_\_\_\_ AM PM for \_\_\_\_\_ min(s)

Mood:  😊  😐  ☹️ Energy level: ⚡⚡⚡⚡

In the last 1-2 hours:  alcohol  food  phone/device

### AFTER WAKING UP:

Wakeup time today \_\_\_\_\_:\_\_\_\_\_ AM PM

Fell asleep:  easily  after some time  with difficulty

Woke up feeling:  😊  ☹️z

Sleep disturbed by: \_\_\_\_\_

Sleep strategy: \_\_\_\_\_

Bedtime routine: \_\_\_\_\_

## Day 5

Today is:  S  M  T  W  T  F  S

Total hours of sleep last night: \_\_\_\_\_

### BEFORE BED:

Bedtime \_\_\_\_\_:\_\_\_\_\_ AM PM

Physical activity for \_\_\_\_\_ min(s)

Consumed drugs (prescription or non-prescription) and/or caffeine:  morning  afternoon  evening

Napped at \_\_\_\_\_:\_\_\_\_\_ AM PM for \_\_\_\_\_ min(s)

Mood:  😊  😐  ☹️ Energy level: ⚡⚡⚡⚡

In the last 1-2 hours:  alcohol  food  phone/device

### AFTER WAKING UP:

Wakeup time today \_\_\_\_\_:\_\_\_\_\_ AM PM

Fell asleep:  easily  after some time  with difficulty

Woke up feeling:  😊  ☹️z

Sleep disturbed by: \_\_\_\_\_

Sleep strategy: \_\_\_\_\_

Bedtime routine: \_\_\_\_\_

## Day 6

Today is:  S  M  T  W  T  F  S

Total hours of sleep last night: \_\_\_\_\_

### BEFORE BED:

Bedtime \_\_\_\_\_:\_\_\_\_\_ AM PM

Physical activity for \_\_\_\_\_ min(s)

Consumed drugs (prescription or non-prescription) and/or caffeine:  morning  afternoon  evening

Napped at \_\_\_\_\_:\_\_\_\_\_ AM PM for \_\_\_\_\_ min(s)

Mood:  😊  😐  ☹️ Energy level: ⚡⚡⚡⚡

In the last 1-2 hours:  alcohol  food  phone/device

### AFTER WAKING UP:

Wakeup time today \_\_\_\_\_:\_\_\_\_\_ AM PM

Fell asleep:  easily  after some time  with difficulty

Woke up feeling:  😊  ☹️z

Sleep disturbed by: \_\_\_\_\_

Sleep strategy: \_\_\_\_\_

Bedtime routine: \_\_\_\_\_

## Day 7

Today is:  S  M  T  W  T  F  S

Total hours of sleep last night: \_\_\_\_\_

### BEFORE BED:

Bedtime \_\_\_\_\_:\_\_\_\_\_ AM PM

Physical activity for \_\_\_\_\_ min(s)

Consumed drugs (prescription or non-prescription) and/or caffeine:  morning  afternoon  evening

Napped at \_\_\_\_\_:\_\_\_\_\_ AM PM for \_\_\_\_\_ min(s)

Mood:  😊  😐  ☹️ Energy level: ⚡⚡⚡⚡

In the last 1-2 hours:  alcohol  food  phone/device

### AFTER WAKING UP:

Wakeup time today \_\_\_\_\_:\_\_\_\_\_ AM PM

Fell asleep:  easily  after some time  with difficulty

Woke up feeling:  😊  ☹️z

Sleep disturbed by: \_\_\_\_\_

Sleep strategy: \_\_\_\_\_

Bedtime routine: \_\_\_\_\_



The University of Texas at Austin

Longhorn Wellness Center

Counseling and Mental Health Center & University Health Services