Complete in the morning				
Start date: ____/____/____	Monday	Tuesday	Wednesday	Thursday
I got into bed last night at:	PM AM	PM AM	PM AM	PM AM
I fell asleep Easily: After some time: With difficulty:				
I woke in the night: # times # minutes				
I got up this morning at:	PM AM	PM AM	PM AM	PM AM
Last night I slept a total of:	hours	hours	hours	hours
My sleep was disturbed by: [noise, lights, temperature, pets, allergies, nightmares, stress, discomfort, pain etc.]				
When I woke up, I felt: [rested, somewhat rested, tired]				
Notes: any other factors affecting sleep last night (e.g. worries)				

Complete in the morning			
Start date: ____/____/____	Friday	Saturday	Sunday
I got into bed last night at:	PM AM	PM AM	PM AM
I fell asleep Easily: After some time: With difficulty:			
I woke in the night: # times # minutes			
I got up this morning at:	PM AM	PM AM	PM AM
Last night I slept a total of:	hours	hours	hours
My sleep was disturbed by: [noise, lights, temperature, pets, allergies, nightmares, stress, discomfort, pain etc.]			
When I woke up, I felt: [rested, somewhat rested, tired]			
Notes: any other factors affecting sleep last night (e.g. worries)			

Complete in the morning				
Start date: ___/___/___	Monday	Tuesday	Wednesday	Thursday
Today has been a … day – find one word to describe your overall day. E.g. great, good, okay, boring, tiring, stressful, terrible etc.				
I consumed caffeinated products (tea, coffee, energy drinks, chocolate) in the M(orning), A(fternoon), E(vening), N/A				
M/A/E/NA How much?				
I exercised for at least 20 minutes in the M(orning), A(fternoon), E(vening), N/A				
M/A/E/NA				
I got at least 20 minutes of daylight outdoors today	Y/N	Y/N	Y/N	Y/N
I took a nap today: for how long?				
During most of today I felt: Tired Moderately alert Awake and alert				
My mood today has mostly been: Very Pleasant (VP), Pleasant (P), Unpleasant (UP), Very Unpleasant (VUP)				
V/P/UP/VUP				
In the hour before bed, I used an electronic device	Y/N	Y/N	Y/N	Y/N
In the hour before bed my routine included (e.g. bath, reading, relaxation)				
I have practiced mindfulness today	Y/N	Y/N	Y/N	Y/N

Complete in the morning			
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