

Sleep diary

Two weeks of records that are the starting point for any serious work with insomnia.

Fill this in **in the morning**, from memory, without watching the clock at night. What's interesting isn't how long you slept but the **ratio between time in bed and time asleep** – with insomnia, too long in bed is often part of the problem rather than the solution.

Week 1

DATE	TO BED	LIGHTS OFF	ASLEEP APPROX.	WAKINGS	LAST AWAKE	GOT UP	SLEEP 1-5	DAY 1-5

Week 2

DATE	TO BED	LIGHTS OFF	ASLEEP APPROX.	WAKINGS	LAST AWAKE	GOT UP	SLEEP 1-5	DAY 1-5

Factors

DATE	COFFEE – LAST ONE	ALCOHOL	EXERCISE	NAP

Working it out

Average time in bed (lights off to getting up)

Average time asleep

Sleep efficiency = asleep / time in bed × 100
