

## Sleep diary

Week commencing: \_\_\_\_\_

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Before bed</b>							
What time was your last food or drink?							
When was your last coffee or tea?							
How many alcoholic drinks did you have?							
<b>During the night</b>							
When did you go to bed?							
Did you find it hard to fall asleep							
Did you wake in the night?							
If so, how often?							
And for how long?							
What time did you get up?							
Estimate how long you slept							
Calculate your sleep efficiency							
Rate your sleep 1-5							
How tired are you, 1-5?							
<b>Thinking about yesterday</b>							
Did you fall asleep unintentionally?							
How many coffees did you have?							
Did you have an afternoon slump?							
Were you irritable?							
Did you exercise?							
<b>Food and drink</b>							
Are you eating fibre-rich foods?							
Are you eating/ drinking more fermented foods?							