

Sleep Diary

Sleepwell / CBTi / Sleep Diary

The sleep diary is an essential tool for improving your sleep, especially related to building your **sleep drive**. Use it to track your sleep patterns and improvements over time. Record your sleep each morning. Start a new sleep diary each week.

Sleepwell **Sleep Diary**

MY SLEEP PRESCRIPTION
 Bed Time: _____
 Rise Time: _____

DAY OF THE WEEK							
DATE							
Q1 What time did you go to bed?							
Q2 What time did you try to go to sleep?							
Q3 What time did you fall asleep?							
Q4 How many times did you wake up during the night?							
Q5 In total, how long did these awakenings last (minutes)?							
Q6 What time was your final awakening?							
Q7 What time did you get out of bed to start your day?							
Q8 Note anything that interfered with your sleep							

End of week calculations
 Easy calculations at mysleepwell.ca/calculator

My sleep duration (typical night): _____ My sleep efficiency (typical night): _____

© 2018 D. Gardner, A. Murphy

Download & Print: [Sleep Diary](#) / [Instructions](#)

Sleep Diary Instructions

Complete your sleep diary each day, usually in the morning. Exact times are not needed. Estimates will do.

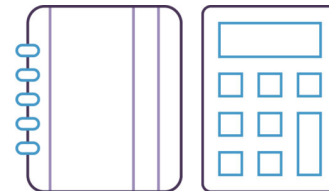
- 1. My sleep prescription:** Record what time you plan to go to bed (bed time) and what time you plan to get out of bed (rise time). Do your best to stick to this plan all week. Bed time: **10:30 pm** / Rise time: **7:00 am**
- 2. Day of the week and Date:** Write the day of the week and date in the spaces provided. Your week doesn't have to start on Sunday.
- 3. Q1 What time did you go to bed?** Write the time you got into bed. Ex. **10:15 pm**
- 4. Q2 What time did you try to go to sleep?** Record the time that you began to try to fall asleep. Ex. **11:00 pm**
- 5. Q3 What time did you fall asleep?** Estimate the time you fell asleep. Ex. **12:30 pm**
- 6. Q4 How many times did you wake up during the night?** Record your answer. Ex. **2**
- 7. Q5 In total, how long did these awakenings last?** Sum up the amount of time you were awake through the night in total minutes. Ex. **20 + 60 = 80 min**
- 8. Q6 What time was your final awakening?** Indicate the time you woke up and remained awake. Ex. **8:00 am**
- 9. Q7 What time did you get out of bed to start your day?** Indicate the time you got out and stayed out of bed after your final awakening. Ex. **9:00 am**



See our recommended books, apps and websites and other resources to help you get your sleep back!

Assess your sleep

Try our sleep and insomnia tools.



**Sleep
Diary**

**Sleep
Calculator**



**Hygiene of
Sleep
Checklist**

**Insomnia
Beliefs
Quiz**

10. **Q8 Note anything that interfered with your sleep.** Record anything that affected your sleep, such as alcohol, caffeine, daytime naps, pain, worries, electronics in bed, or interruptions (e.g., partners, children, phone calls, etc.).
11. **End of week numbers:** Based on a **typical** night of sleep this week, calculate and record your sleep efficiency and duration.

How to Calculate Your Sleep Numbers

Use the **Sleepwell calculator** or follow these instructions.

My sleep duration

Sleep duration is your **“total sleep time”**.

First, determine the number of minutes between the time you fell asleep (**Q3**) and the time of your final awakening (**Q6**).

Time between **Q3 12:30 am** and **Q6 8:00 am** is **7h 30 min** or **450 min**.

Then, subtract the total duration of your nighttime awakenings (**Q5**).

450 min – **Q5 80 min** = 370 min.

Sleep duration = **370 min (6 h 10 min)**

My sleep efficiency:

Sleep efficiency calculates the proportion of time you spend in bed sleeping compared to your total time in bed. Aim for 85% to 95%.

First, calculate your **“total time in bed”**, which is the number of minutes between the time you went to bed (**Q1**) and the time you got out of bed to start your day (**Q7**).

Total time in bed: time between **10:15 pm (Q1)** and **9:00 am (Q7)** = **10 h 45 min** or **645 min**.

Then, calculate your **sleep efficiency**:

Sleep Efficiency = (sleep duration ÷ total time in bed) x 100%

(370 ÷ 645) x 100 = 57%

Sleep Efficiency = **57%**



10 Tips for Better Sleep



Compare CBTi with sleeping pills

Additional CBTi resources

= Control

= Sleep Drive

= Relax

= Thoughts

= Hygiene

CBTi Research

See the current research support
for CBTi