Start date: Improving my sleep is important to me this week because....

About last night..	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you get into bed?	10:30 PM							
What time did you turn out the light?	11:00 PM							
Did it take you less than 30min to fall asleep?	✔ (5 min)							
What time did you finally wake up this morning?	6:00 AM							
How long were you awake for during the night?	30min							
How many hours did you sleep for in total? (to the nearest 15 minutes)	6.5 hours							
What time did you get out of bed?	7:00 AM							
Sleep quality rating? 1=bad, 5=good	4							
Sleep efficiency? (Hours asleep/hours in bed)*100	76%							
Thinking about your day yesterday...		**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Did you avoid caffeine after lunch? (If not, when was your last caffeinated drink?)	Coffee 4pm							
Did you get your body moving for 30 minutes? (am/pm)	✔ Jog, am							
Did you have a nap free day? (If not, when did you nap, how long for?)	✔							
Did you have an alcohol free day? (If not, when was your last drink? How much?)	✔							
Did you practice any relaxation exercises? (When? How long for?)	✔ am, 30min yoga							
Did you avoid technology in the hour before bed? (If not, when did you last use your phone?)	No (oops, 10pm)							
Did you stop eating 2 hours+ before bed? (If not, when did you last eat before bed?)	No							
Throughout the day how did you feel? e.g. Positive / Impatient / Low / Hungry	Upbeat							
What 3 things do you feel most grateful for?	nice walk, tasty lunch, call with Mum							

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