

TEENAGE SLEEP DIARY

Instructions:

Please mark with a down arrow \downarrow when you go to bed, and an up \uparrow arrow when you get out of bed. Periods of sleep can be marked with shading. Please can you also mark any daytime sleep episodes (e.g. a nap in the car, on the sofa) in the same way. It is best to do the diary once a day in the morning and not at night in bed.

There is also a row for other things you do in the day to mark on the diary at the appropriate time as below:

ACTIVITIES

C - Any caffeinated drinks (includes coffee, tea, energy drinks with caffeine)

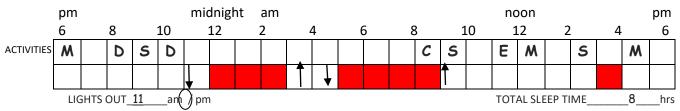
M - Meals or S - snacks

O - Outside time

E – Exercise (any type of out of breath activity)

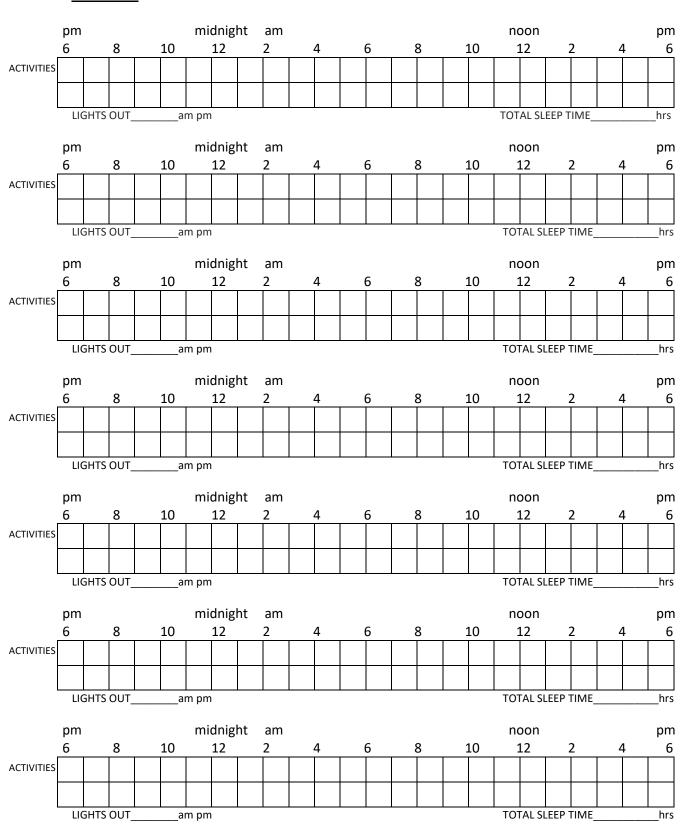
D - Device (and when do you stop using phone/tablet/game before bed)

Example:

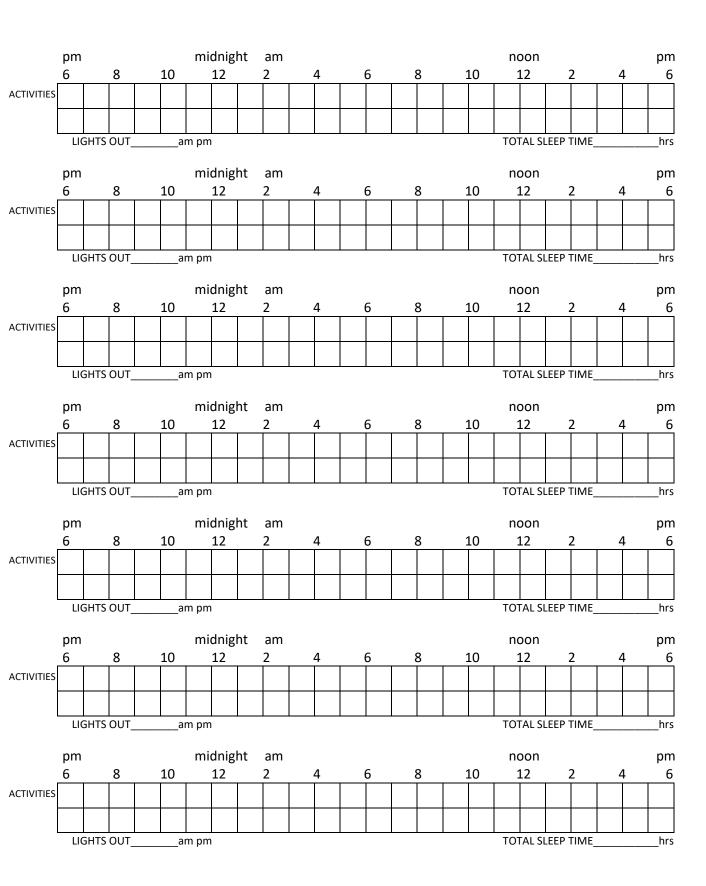


There is room on the back page for comments for each day. Feel free to write any comments here (e.g. had a bad night, restless, late night due to party, school holidays, unwell, nightmare etc.). This helps us understand your daily routine and the pattern of any sleep problem.

Week 1



Week 2



Any Comments

1)			
1)			
2)			
3)			
4)			
5)			
6)			
7)			
8)			
0)			
9)			
10)			
11)			
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12)			
13)			
14)			