

STRESS [HACKS]



SLEEP DIARY

A sleep diary is a record of some of the concerns you might have about your sleep. Fill out this page thinking about how you went to sleep last night.

GETTING TO SLEEP

What time did you go to bed? _____

Is this the time you usually go to bed, or was it different?

If it was different, can you write down why?

Did you get to sleep quickly? _____

How did you feel at bedtime? (for example, calm, worried, relaxed, excited, stressed, sick or if you felt something else can you write it down?)

Is there a reason for how you felt? Can you explain?

Did you wake up during the night? _____

If yes, - more than once? _____

Do you know why? (need a drink of water, go to the bathroom, someone disturbed you or other reason)

WAKING UP

Do you know what time you woke up this morning? If so, write it down. _____

How did you wake up? Alarm Someone woke you Woke up on own

Did you feel rested and ready to get up? Yes No

Do you feel sleepy during the day? Yes No Sometimes

Now that you've completed the sleep diary – thinking about how you slept last night – read it over. Does it seem like you are having trouble sleeping just this one night – or does this happen a lot? If so – you may want to share your sleep diary with someone who can help. That might be your parent, another family member, or another trusted helping person such as a school counsellor.