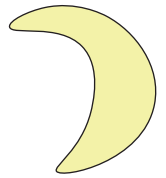


\_\_\_\_\_ 's sleep diary



I am \_\_\_\_\_ years old

## Top tips to help you get a good nights sleep!

<b>Do's</b>	<b>Don'ts</b>
<ul style="list-style-type: none"><li>• Go to bed at the same time very night</li><li>• Try and get 10-12 hours of sleep a night</li><li>• Follow a bedtime routine. Try some relaxing activities such as reading a book or having a bath</li><li>• Have a milky drink before bed</li><li>• Make sure your room is dark, cool and quiet</li></ul>	<ul style="list-style-type: none"><li>• Stay up late</li><li>• Go to bed at different times each night</li><li>• Watch TV, use your mobile or play video games. Looking at screens before you go to bed can disturb your sleep</li><li>• Drink fizzy drinks some of these contain sugar or caffeine in them which can make it harder to go to sleep</li><li>• Eat sugary snacks such as chocolate and sweets because sugar can make it harder to go to sleep</li><li>• Exercise just before bedtime</li></ul>












# Before bedtime

What did you drink 1 hour before bedtime? (Please tick all of the drinks that you had in the boxes)

Drink	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Milk							
Water							
Hot chocolate							
Juice							
Fizzy drink							

Please tick all of the activities you did 1 hour before bedtime, in the boxes?

Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
 Read a book							
 Had a bath or shower							
 Listened to music							
 Watched TV							
 Played with a non- electronic toy							
 Did my homework							
 Had a drink/ and snack							
 Did some colouring							
 Played video games							

# When I wake up



How did you sleep? (Circle yes or no for each day)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Did you fall asleep quickly?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No
Did you wake up during the night?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No

# Complete at the end of the day



How much energy did you have today? (Tick one of the 3 options for each day, in the boxes)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Loads of energy!							
Some energy							
No energy							

## How many hours have I slept?

Highlight the times in a different colour to record the number of hours that you have slept each day. To help you work out how many hours you have slept.

### Example

6:30 PM
<b>7:30 PM</b>
<b>8:30 PM</b>
<b>9:30 PM</b>
<b>10:30 PM</b>
<b>11:30 PM</b>
<b>12:30 AM</b>
<b>1:30 AM</b>
<b>2:30 AM</b>
<b>3:30 AM</b>
<b>4:30 AM</b>
<b>5:30 AM</b>
6:30 AM
7:30 AM
8:30 AM
9:30 AM

### Monday

6:30 PM
7:30 PM
8:30 PM
9:30 PM
10:30 PM
11:30 PM
12:30 AM
1:30 AM
2:30 AM
3:30 AM
4:30 AM
5:30 AM
6:30 AM
7:30 AM
8:30 AM
9:30 AM

### Tuesday

6:30 PM
7:30 PM
8:30 PM
9:30 PM
10:30 PM
11:30 PM
12:30 AM
1:30 AM
2:30 AM
3:30 AM
4:30 AM
5:30 AM
6:30 AM
7:30 AM
8:30 AM
9:30 AM

### Wednesday

6:30 PM
7:30 PM
8:30 PM
9:30 PM
10:30 PM
11:30 PM
12:30 AM
1:30 AM
2:30 AM
3:30 AM
4:30 AM
5:30 AM
6:30 AM
7:30 AM
8:30 AM
9:30 AM

I slept **10** hours

I slept..... hours

I slept..... hours

I slept..... hours

**Thursday**

6:30 PM  
7:30 PM  
8:30 PM  
9:30 PM  
10:30 PM  
11:30 PM  
12:30 AM  
1:30 AM  
2:30 AM  
3:30 AM  
4:30 AM  
5:30 AM  
6:30 AM  
7:30 AM  
8:30 AM  
9:30 AM

**Friday**

6:30 PM  
7:30 PM  
8:30 PM  
9:30 PM  
10:30 PM  
11:30 PM  
12:30 AM  
1:30 AM  
2:30 AM  
3:30 AM  
4:30 AM  
5:30 AM  
6:30 AM  
7:30 AM  
8:30 AM  
9:30 AM

**Saturday**

6:30 PM  
7:30 PM  
8:30 PM  
9:30 PM  
10:30 PM  
11:30 PM  
12:30 AM  
1:30 AM  
2:30 AM  
3:30 AM  
4:30 AM  
5:30 AM  
6:30 AM  
7:30 AM  
8:30 AM  
9:30 AM

**Sunday**

6:30 PM  
7:30 PM  
8:30 PM  
9:30 PM  
10:30 PM  
11:30 PM  
12:30 AM  
1:30 AM  
2:30 AM  
3:30 AM  
4:30 AM  
5:30 AM  
6:30 AM  
7:30 AM  
8:30 AM  
9:30 AM

**I slept..... hours**

**I slept..... hours**

**I slept..... hours**

**I slept..... hours**

## Complete at the end of the week



Which days did you have the LEAST and MOST hours of sleep this week?  
How did you feel on these days?

### The day with the least sleep

On \_\_\_\_\_ I had \_\_\_\_\_ hours of sleep

How did you feel on this day?

### The day with the most sleep

On \_\_\_\_\_ I had \_\_\_\_\_ hours of sleep

How did you feel on this day?