

Sleep diary & habit tracker

Print this and stick on your fridge for a daily nudge. Write in your planned wake up & bed times. Choose up to 3 more positive sleep habits to track. At breakfast, look back at the day before, and celebrate any successes.

Start date: _____		Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep Plan	When will you get out of bed? (Tick if you stick to this!)	06:30 ✓							
	What time do you plan to be in bed, ready for sleep?	22:30 ✓							
Habits: 3 goals	1. e.g. natural daylight in the am	✓							
	2. e.g. stop eating 2hr before bed	✓							
	3. e.g. decaf after lunch	✓							
Your sleep last night...	How many hours were you in bed in total?	8 hours							
	How many times did you wake up? How long for?	2 (1 hour)							
	How many hours were you asleep in total?	6 hours							
	Sleep Efficiency?*	75%							
	Sleep quality? 5=great, 1 = poor Did anything interfere with sleep?	4 too hot							
	How was your energy yesterday, out of 10?	7							

*An average sleep efficiency of >80% across the week is a healthy target