## Anxiety UK



## **MY SLEEP DIARY COMPLETE IN THE EVENING**

	SUN	MON	TUE	WED	THU	FRI	SAT
in the							

How many caffeinated drinks did you consume before/ after 5pm?

Before 5pm

After 5pm

How many alcohol units did you consume before/ after 5pm?

**Before 5pm** 

After 5pm

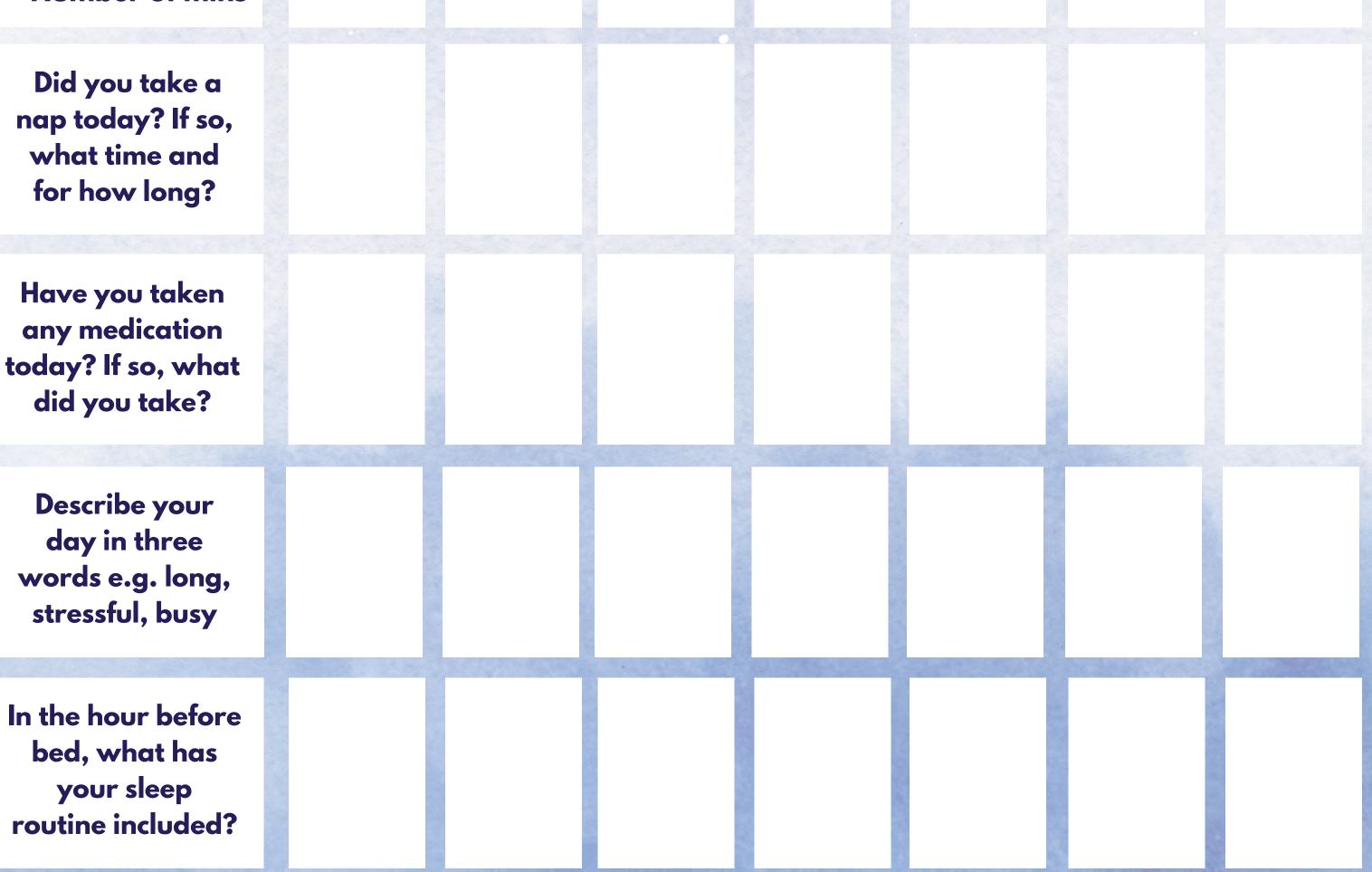
How much exercise did you get and when?

Time of day

## Number of mins

any medication

bed, what has your sleep routine included?







## **MY SLEEP DIARY** COMPLETE IN THE MORNING

	SUN	MON	TUE	WED	THU	FRI	SAT
What time did you go to bed?							
What time did you wake up?							
How many hours sleep did you achieve?							
How many times did you wake during the night?							

How would you rate the quality of your sleep? Tick the relevant box

