Creating a Sleep Diary

Judith R. Davidson in her book, *Sink Into Sleep,* recommends recording your sleep every day for one week, as identified in the chart below. You can start your diary on any day of the week.

Day of the week							
1. I went to bed at (clock time)							
2. I turned out the lights after (minutes)							
3. I fell asleep in (minutes)							
4. I woke up ____ time(s) during the night (no. of awakenings)							
5. The total duration of these awakenings was (minutes)							
6. After awakening for the last time, I was in bed for (minutes)							
7. I got up at (clock time)							
The quality of my sleep was (1=very poor, 10=very good)							
Naps (number, clock time, and duration)							
Alcohol (time, amount, type)							
Sleep medication (time, amount, type)							
Notes							

The next step is to apply the information you've gathered in the first week's sleep diary to determine next steps, and to monitor your progress over time with sleep diaries from the following weeks.

Calculating your Sleep Efficiency

Choose a night that is representative of your week's sleep – not the best night and not the worst night, but a typical night between those extremes. Fill in the chart below, developed by Davidson.

Representative Night		Date	
1. I went to bed at	_____		
2. I turned out the lights after	(clock time)	_____	
		(minutes)	
3. I fell asleep in		_____	
		(minutes)	
4. I woke up _____ time(s)			
5. The total duration of these awakenings was		_____	
		(minutes)	
6. After awakening for the last time, I was in bed for (minutes)		_____	
		(minutes)	
7. I got up at (clock time)			
	_____		
	(clock time)		
Calculations	**A**	**B**	**C**
	Total time in bed	**Total awake time**	**Total sleep time**
	Time between your bedtime (#1) and rise time (#7)	*Add the numbers above in this column*	A minus B
	Convert to minutes by multiplying by 60		
	_____	_____	_____
	(minutes)	(minutes)	(minutes)
	D		
	Sleep Efficiency		
	C / A x 100		
	My sleep efficiency is _____ %		

Use the information above to set your going to bed and getting up times for week 2, which must be consistent every day for the second week. **Rise time** – a time you can maintain every day for 1 week **a.** _____. **Total sleep time** (C above) **b.** _____.

Bedtime is a. minus b. = **c**. _____ Now you have bedtime and rise time for week 2.

For next steps and greater detail, refer to *Sink Into Sleep* by Judith R. Davidson