EXERCISE 19: KEEPING A SLEEPING LOG

Copy this log into your notebook or onto your computer. Use it every day during your sleep-monitoring period and remember to fill it out about 15–20 minutes after waking.

Day	Bedtime routine used:	Before I went to sleep I felt (indicate score by circling one from 1 = very tense to 5 = very relaxed)	I went to sleep at (time):	During the night I woke at (time):	Action taken to get back to sleep:	I stayed awake for (minutes/ hours):	This morning I woke at:	When I woke up, I felt (indicate score bycircling one from 1 = not rested at all to 5 = well-rested):	The following helped me with my sleep last night:
Monday		1 2 3 4 5						1 2 3 4 5	
Tuesday		1 2 3 4 5						1 2 3 4 5	
Wednesday		1 2 3 4 5						1 2 3 4 5	
Thursday		1 2 3 4 5						1 2 3 4 5	

Day	Bedtime routine used:	Before I went to sleep I felt (indicate score by circling one from 1 = very tense to 5 = very relaxed)	I went to sleep at (time):	During the night I woke at (time):	Action taken to get back to sleep:	I stayed awake for (minutes/ hours):	This morning I woke at:	When I woke up, I felt (indicate score bycircling one from 1 = not rested at all to 5 = well-rested):	The following helped me with my sleep last night:
Friday		1 2 3 4 5						1 2 3 4 5	
Saturday		1 2 3 4 5						1 2 3 4 5	
Sunday		1 2 3 4 5						1 2 3 4 5	

Notice those strategies which seem to be helpful and those that don't have a positive effect on your sleep. Discard the unhelpful ones and keep the helpful strategies. In this way, you can build up your own individualised sleep restoration programme.