



_____ 's sleep diary

I am _____ years old



Top tips to help you get a good night sleep!

Do's	Don'ts
<p>Go to bed at the same time every night</p> <p>Try and get 10-12 hours of sleep a night</p> <p>Follow a bedtime routine. Try some relaxing activities such as reading a book or having a bath</p> <p>Have a milky drink before bed</p> <p>Make sure your room is dark, cool and quiet</p>	<p>Stay up late</p> <p>Go to bed at different times each night</p> <p>Watch TV, use your mobile or play video games. Looking at screens before you go to bed can disturb your sleep</p> <p>Drink fizzy drinks some of these contain sugar or caffeine in them which can make it harder to go to sleep</p> <p>Eat sugary snacks such as chocolate and sweets because sugar can make it harder to go to sleep</p> <p>Exercise just before bedtime</p>



Before bedtime



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

Drink	Mon	Tues	Weds	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 below

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

When I wake up

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

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Did you feall 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)

	Mon	Tues	Weds	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	Monday	Tuesday	Wednesday
6:30pm	6:30pm	6:30pm	6:30pm
7:30pm	7:30pm	7:30pm	7:30pm
8:30pm	8:30pm	8:30pm	8:30pm
9:30pm	9:30pm	9:30pm	9:30pm
10:30pm	10:30pm	10:30pm	10:30pm
11:30pm	11:30pm	11:30pm	11:30pm
12:30am	12:30am	12:30am	12:30am
1:30am	1:30am	1:30am	1:30am
2:30am	2:30am	2:30am	2:30am
3:30am	3:30am	3:30am	3:30am
4:30am	4:30am	4:30am	4:30am
5:30am	5:30am	5:30am	5:30am
6:30am	6:30am	6:30am	6:30am
7:30am	7:30am	7:30am	7:30am
8:30am	8:30am	8:30am	8:30am
9:30am	9:30am	9:30am	9:30am

I slept **10** hours I slept hours I slept hours I slept hours



Thursday

6:30pm
7:30pm
8:30pm
9:30pm
10:30pm
11:30pm
12:30am
1:30am
2:30am
3:30am
4:30am
5:30am
6:30am
7:30am
8:30am
9:30am

Friday

6:30pm
7:30pm
8:30pm
9:30pm
10:30pm
11:30pm
12:30am
1:30am
2:30am
3:30am
4:30am
5:30am
6:30am
7:30am
8:30am
9:30am

Saturday

6:30pm
7:30pm
8:30pm
9:30pm
10:30pm
11:30pm
12:30am
1:30am
2:30am
3:30am
4:30am
5:30am
6:30am
7:30am
8:30am
9:30am

Sunday

6:30pm
7:30pm
8:30pm
9:30pm
10:30pm
11:30pm
12:30am
1:30am
2:30am
3:30am
4:30am
5:30am
6:30am
7:30am
8:30am
9:30am

I slept hours

I slept hours

I slept hours

I slept hours

How much sleep do you need?

Age	Sleep	Age	Sleep	Age	Sleep
4	11hrs 30	9	10hrs	Teenagers	9hrs
5	11hrs	10	9hrs 45	Adults	7-9hrs
6	10hrs 45	11	9hrs 30		
7	10hrs 30	12	9hrs 15		
8	10hrs 15	13	9hrs 15		

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?

