

These sleep diaries are from five university students (N=5) over the course of three days (Total=15 entries). These sleep diaries provide an overview of the activities before bedtime, sleep times, and how individuals felt upon waking up over the course of three days. We discovered through diaries that if university students engage in various relaxing behaviours (such as listening to music, physical exercise and so on) before going to bed, it can improve their sleep quality, help them relieve stress before bed, and give them more energy in the next day.

Sleep Diary for Individual 1:

Day 1:

- Activities Before Bed: Read a book
- Time of Sleep: 10:30 PM
- Feeling Upon Waking Up: Refreshed

Day 2:

- Activities Before Bed: Watched TV
- Time of Sleep: 11:00 PM
- Feeling Upon Waking Up: Slightly tired

Day 3:

- Activities Before Bed: Meditated
- Time of Sleep: 10:00 PM
- Feeling Upon Waking Up: Energized

Sleep Diary for Individual 2:

Day 1:

- Activities Before Bed: Used a smartphone
- Time of Sleep: 12:00 AM
- Feeling Upon Waking Up: Groggy

Day 2:

- Activities Before Bed: Listened to calming music
- Time of Sleep: 10:45 PM
- Feeling Upon Waking Up: Refreshed

Day 3:

- Activities Before Bed: Took a warm bath
- Time of Sleep: 11:15 PM
- Feeling Upon Waking Up: Energetic

Sleep Diary for Individual 3:

Day 1:

- Activities Before Bed: Worked on a laptop
- Time of Sleep: 1:30 AM
- Feeling Upon Waking Up: Fatigued

Day 2:

- Activities Before Bed: Drank herbal tea
- Time of Sleep: 10:15 PM
- Feeling Upon Waking Up: Rested

Day 3:

- Activities Before Bed: Practiced deep breathing
- Time of Sleep: 11:30 PM
- Feeling Upon Waking Up: Relaxed

Sleep Diary for Individual 4:

Day 1:

- Activities Before Bed: Played video games
- Time of Sleep: 12:45 AM
- Feeling Upon Waking Up: Tired

Day 2:

- Activities Before Bed: Yoga and stretching
- Time of Sleep: 10:00 PM
- Feeling Upon Waking Up: Invigorated

Day 3:

- Activities Before Bed: Drank warm milk
- Time of Sleep: 10:30 PM
- Feeling Upon Waking Up: Refreshed

Sleep Diary for Individual 5:

Day 1:

- Activities Before Bed: Checked social media
- Time of Sleep: 12:15 AM
- Feeling Upon Waking Up: Sluggish

Day 2:

- Activities Before Bed: Listened to a podcast
- Time of Sleep: 10:45 PM
- Feeling Upon Waking Up: Alert

Day 3:

- Activities Before Bed: Read a magazine
- Time of Sleep: 11:15 PM
- Feeling Upon Waking Up: Rejuvenated