

Sleep Diary

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
How many minutes did it take you to fall asleep last night?							
How many hours you sleep last night?							
How easy was it to fall asleep last night? (1-5) 5: very easy 1: very difficult							
Rate the quality of last night's sleep. (1-5) 5: Excellent 1: Terrible							

Sleep Guidelines

Rule 1. Do not drink alcohol less than 2 hours before bedtime.

Why? Alcohol interferes with deep sleep.

Rule 2. Do not consume caffeine after about 4 p.m. or within 6 hours before bedtime. Learn all the foods, beverages, and medications that contain caffeine.

Why? Caffeine is a stimulant and taken 6 hours prior to bedtime may interfere with sleep onset. That is, it will be more difficult for you to get to sleep.

Rule 3. Do not smoke within several hours prior to your bedtime.

Why? Nicotine is a stimulant and taken prior to bedtime may interfere with falling asleep.

Rule 4. Exercise regularly. The best time to exercise is in the late afternoon. Avoid strenuous exertion after 6 p.m.

Why? Exercise activates your body's fight-or-flight response making you feel wide-awake and ready for danger. This response interferes with your ability to relax and sleep.

Rule 5. Make your sleep environment the best for sleeping. Arrange for a comfortable temperature and low levels of sound, light, and noise.

Why? It is more difficult to sleep when you are exposed to extreme levels of cold, heat, or sound.

Rule 6. If you are used to it, have a light snack before bedtime (e.g., crackers, graham crackers, milk, or cheese). Do not eat chocolate or large amounts of sugar. Avoid too many fluids. If you wake up in the middle of the night, do not have a snack then or you may find that you begin to wake up out of habit at that time feeling hungry.

Why? A light snack like crackers or milk uses energy to digest and may make you feel sleepy. Sugar may stimulate you, however, and cause problems with sleep. Too many fluids before bed may cause you to waken up to use the toilet in the middle of the night.