

.....day

I woke at So, I slept for hours last night
Woke feeling: wide awake / OK / not great / so sleepy
During the day I felt: awake / OK / not great / so sleepy

Today I did strenuous exercise during the day

AFTER 5pm:

- Did strenuous exercise? (If so, what time?)
- Had an argument or stressful incident? (What time?)
- Had a big meal? Drank coffee/cola/strong tea

EVENING:

- Started pre-bed routine at
- Tick which of these you did from that time onwards:
- Closed curtains + dimmed lights
 - Kept internet + phone off
 - Kept all screens off except ebook-devices
 - Had bath/shower
 - Did relaxing stretches, yoga, breathing exercises
 - Played relaxing music
 - Read in bed

(Answer these tomorrow morning)

- I got to sleep very quickly / quite quickly / after more than 1 hour.
- I woke more than 3 times during the night
 - I had lots of bad dreams
 - I woke in the night and couldn't get to sleep for a long time
- If you had sleep problems, can you say why?
-

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HOW DID YOU SLEEP?

You've been keeping a sleep diary for a week now. Let's take a look at how you did. First, look at how you felt during the day.

During the day, how many days did you feel awake / OK / not great..... / so sleepy

How many hours did you sleep on Day 1 / Day 2 / Day 3 / Day 4 / Day 5 / Day 6 / Day 7.....?

Do you feel you get enough sleep? Definitely / I think so / Probably not / Definitely not

If you do, great! (Especially if you got around 8 hours a night.) Carry on doing what you are doing. Notice what times of day you do strenuous exercise and whether your sleep is affected by how you spend your evening. Notice that at some times in your life you might suffer bad sleep patterns so it's always a good idea to know what healthy sleep habits are, in case you need to improve yours later.

If you would like better sleep, answer these questions and look back at your diary to help you:

On the nights you had bad sleep:

- Did you do strenuous exercise after 5pm?
- Did something make you feel stressed?
- Did you spend time on a computer/phone?
- Were you *really* busy with homework/exercise/chores?
- Did you drink coffee/tea/cola (not counting herbal or decaffeinated tea/coffee) or eat a big meal?
- Did you start getting ready for bed too late?

Did you follow your pre-bed routine in the same way every night?

Do those answers give you some ideas about how you could improve your sleep? If so, what?

Do you often lie awake worrying? If so, try these well-tested methods (AS WELL AS your pre-bed routine):

1. Write your worry down, and write down how you will tackle it; then put the paper away and stop thinking about it
2. Imagine a perfect place to be; fill in all the details in your mind and keep filling in more and more details. Or imagine some fantastic news – eg a lottery win, an amazing job – and create the perfect daydream
3. Do NOT try to go to sleep – in fact, try to stay awake
4. If you feel wide awake for half an hour, turn on a bedside light and read a book or do a puzzle (no computer/phone/TV)
5. Use the time to plan something (but not something stressful)
6. Think of as many animals as you can beginning with A; then B; etc. Sounds boring? Exactly – it will send you to sleep!