

Sleep Journal

This journal will help you to think about how you feel each morning when you wake up. You can then use this information to work out what you need to have your best night's sleep.

Use this rating scale as a guide to show how energised you feel:

1 = no energy at all

10 = full of energy

Day 1

How many hours of sleep did I have last night? _____

How energised do I feel?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

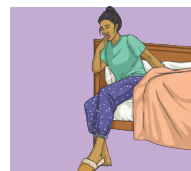


Day 2

Did I wake up during the night? _____

How energised do I feel?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩



Day 3

Did I go straight to sleep? _____

How energised do I feel?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩



Day 4

Did I feel tired when I went to bed? _____

How energised do I feel?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩



Day 5

Did I wake up before my alarm? _____

How energised do I feel?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩



Day 6

Was I cold in bed? _____

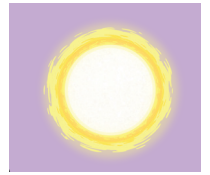
How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 7

Was I too warm in bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 8

Was it quiet when I went to bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 9

Did I spend time on my devices immediately before I went to bed? _____

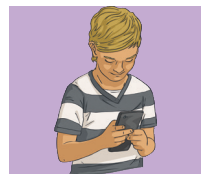
How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 10

Did I come off my devices an hour before I went to bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 11

Did I have a bath before bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 12

Did I eat anything high in sugar before bed? _____

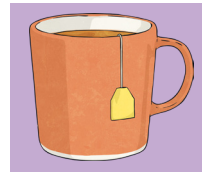
How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 13

Did I have a warm drink before bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 14

Was I comfortable in bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 15

Was there anything I wanted to change to be more comfortable? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 16

Was I worrying about anything? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 17

Was I excited about anything? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 18

Did I do homework late in the evening? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 19

Did I read a book of my choice before bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 20

Did I play any sport or get exercise before bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 21

Did I go to bed late? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 22

Did I go to bed early? _____

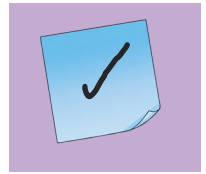
How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 23

Was my bedtime routine good? _____

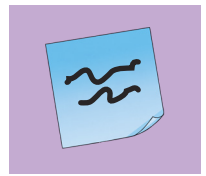
How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 24

Could my bedtime routine have been better? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 25

Did I play with non-electrical toys before bed? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 26

Did I eat dinner later than normal? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 27

Did I eat dinner earlier than normal? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 28

Was it dark in my bedroom? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 29

Was it light in my bedroom? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 30

Did I have a hard day at school? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10


Day 31

Did I have a relaxing day at school? _____

How energised do I feel?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10
