

Sleep Diary

This sleep diary will help you to pay closer attention to your daily habits and activities and identify the impact they have on your sleep.

How to use the sleep diary:

- Take a few minutes each day to fill out the diary each morning when you wake up and just before bed
- Fill out the diary for two weeks
- Review your diary after two weeks to identify any patterns. How does caffeine affect your sleep? Do you sleep better when you take your Yumi Sleep & Relax gummies?
- Adjust your routine, cut down on things that affect your sleep such as caffeine and try to add different techniques such as meditation or supplements before bed.
- Share your sleep diary with your GP if you notice any serious complications with your sleep.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of the week							
What time did you go to bed last night?							
What time did you wake up in the morning?							
Roughly how long did it take you to fall asleep?							
How many times did you wake up last night?							
How long were you awake for?							
What disturbed you? (e.g stress, thinking about work, noise, pain)							
How long did you sleep for?							
Rate your sleep from 1-5							
How do you feel this morning?							



Sleep Diary: Night

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of the week							
How much exercise have you done today?							
How much alcohol have you had today?							
How much caffeine did you have before 5pm?							
How much caffeine did you have after 5pm?							
What did you have for your dinner?							
Have you had a nap today? (how long for?)							
Describe your mood throughout the day							
What techniques have you used to prepare you for bed?							
Have you had your Yumi Sleep & Relax gummies?							