

Sleep Worksheet

Good sleep habits may help you sleep longer and more soundly so you can wake up feeling refreshed. Use this worksheet to help you and your healthcare provider to recognize your main sleep problems and identify good sleep habits that may help you improve your sleep.

Steps to getting a good night's sleep

Step 1

Keeping track of your sleep patterns

Keep a log of our sleep patterns for at least three nights, including one weekend night. While it may be hard to know exactly how long it took you to fall asleep or how long you were awake at night, make your best guess.

Your sleep log should include:

- **Naps:** Write down the time that your nap started and ended
- **Bedtime:** Write down the time that you got into bed and turned off the lights
- **How long it took to fall asleep:** Estimate how long it took you to fall asleep after turning off the lights
- **How many times you woke up:** Write down the number of times that you remember waking up during the night. Use the notes section to write down any unusual events, such as a phone call that woke you up
- **Morning wake-up time:** Write down the time that you woke up in the morning, even if you didn't get out of bed at that time
- **Out-of-bed time:** Write down the time that you actually got out of bed to start your day

Step 2

Address your main sleep problems

As you track your sleep patterns, think about the kind of sleep problems you are having.

Are you having trouble:

- Falling asleep?
- Staying asleep without frequent awakenings?
- Getting out of bed due to morning stiffness?

Step 3

Choose a sleep behavior tip that targets your main sleep problem

You can try:

- Following the tip for at least three days
- Using page 6 of the work sheet, monitor your sleep habits while you try the new tip. It can help you see how well the tip is working for you

Step 1: Keeping Track of Your Current Sleep Habits

For at least three nights, including one weekend night keep a log of your sleeping habits.

Nighttime Sleep Log

MY SLEEP HABITS	EXAMPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time I went to bed	10:30 pm							
How long it took me to fall asleep	45 min							
How many times I woke up	2							
How long I was awake each time	20 min, 10 min							
Morning wake-up time	6:30 am							
Out-of-bed time	6:45 am							
Notes: <ul style="list-style-type: none"> • How did I feel when I woke up? • Did I get a good night's sleep? 	Very groggy. Didn't want to get out of bed.							
Daytime naps	2 pm - 3pm							

Review your record of sleep habits. Then identify your main sleep problem.

My main problem is:

- Trouble falling asleep
- Trouble staying asleep
- Trouble waking up or getting out of bed

See:

- page 3
- page 4
- page 5

Step 3: Keeping Track of Your Current Sleep Habits

For at least three days, try following the tips you've chosen. Refer back to the Step 1 chart to see how well the tips work for you.

Nighttime Sleep Log

MY SLEEP HABITS	EXAMPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time I went to bed	10:30 pm							
How long it took me to fall asleep	45 min							
How many times I woke up	2							
How long I was awake each time	20 min, 10 min							
Morning wake-up time	6:30 am							
Out-of-bed time	6:45 am							
Notes: <ul style="list-style-type: none"> • How did I feel when I woke up? • Did I get a good night's sleep? 	Very groggy. Didn't want to get out of bed.							
Daytime naps	2 pm - 3pm							

CATEGORY OF TIPS I TRIED
