

Tell us what
you think!SLEEP DIARY
STRATEGY POSTCARDCheck out the
evidence!WHAT IS A SLEEP DIARY?⁵

A **sleep diary** is a **daily record** of our **sleep patterns**.

We may want to use a sleep diary when we have trouble sleeping but are unsure of the cause, or, if we are curious about how different factors may influence our sleep.

zzz

For instance, by keeping a sleep diary for a few weeks, we may notice that every time we use our **phones** just before going to bed, we have **trouble sleeping** afterwards.



Or, we may see that the days we **exercise** in the afternoon, we **rarely wake up** in the middle of the night.



RESEARCH EVIDENCE FOR EFFECTIVENESS

A sleep diary is an excellent way of **tracking** our **sleep patterns**.^{2, 9}

By reporting on specific aspects of our sleep (i.e., caffeine consumption, exercise), sleep diaries can:

1

Improve
our sleep
quality

2

Improve our
knowledge of sleep
habits

3

Improve sleep-
related health
outcomes



TIP: Use your sleep diary as a guide when reporting sleep patterns to primary care physicians, pharmacists, or mental health professionals if needed!

HOW AND WHEN TO USE A SLEEP DIARY⁶

When starting out, it may be helpful to use the sample sleep diary prompts below!



Feel free to search for any other templates online or add any more questions that may be useful to track your sleep.



Did you know: caffeine,¹ screen use, and timing of exercise can all affect sleep quality. **Try to avoid**

- caffeine for at least **6 hours** before sleep,³
- screen use **30-60 minutes** before sleep,⁴
- exercise at least **1 hour** before sleep.¹⁰

QUICK
TIPS

Aim to fill out the sleep diary **every morning** to have the most accurate sleep record!



It is recommended to fill out **at least five week nights** of sleep diary entries to get a sense of sleep patterns!

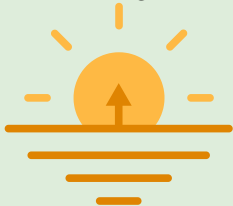


| | Date: | Date: | Date: | Date: | Date: |
|---|-------|-------|-------|-------|-------|
| What time did you go to bed? | | | | | |
| Approximately what time did you go to sleep? | | | | | |
| What time did you wake up in the morning? | | | | | |
| How would you describe your sleep quality? (i.e., excellent, above average, average, below average, poor) | | | | | |
| How many times did you wake up in the middle of the night? | | | | | |
| Was your sleep disturbed by any factors? | | | | | |
| How much caffeine did you consume? | | | | | |
| Did you have caffeine 6 hours before sleep? | | | | | |
| How much time did you spend exercising? | | | | | |
| Did you exercise within 1 hour of bedtime? | | | | | |
| How much time did you spend looking at a screen(s) before bed (i.e., phone, laptop, ipad, TV)? | | | | | |

QUICK TIPS ^{7, 8}

1 Keep the sleep diary somewhere visible!

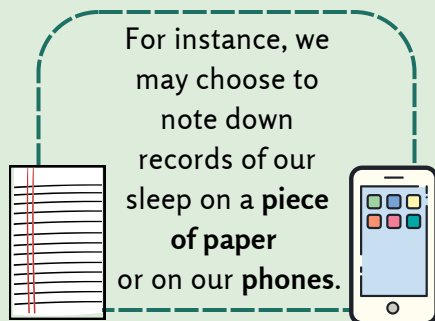
➡➡➡ Having the sleep diary by our bedside table can be a helpful **reminder** to remember to fill it out first thing in the morning.



2

Remember it doesn't need to be a diary!

A sleep diary is a very helpful tool for tracking sleep, however, it is not the only way!



Another way to track sleep is through the use of the sleep trackers in common wearable technology (e.g., FitBit or AppleWatch). These can provide reports on **sleep quality!**



CONTACT INFORMATION

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