

# your sleep diary

## establish better sleep habits by recording daily habits

A sleep diary can be a great tool for identifying habits that may be contributing to sleep difficulties and disorders. Keeping a sleep diary can help you and your doctor assess triggers that may be influencing your sleep and target the best recommendations and treatment options for you.

### Key habits to document daily:

- Time you went to bed and woke up
- Approximate time you fell asleep
- Number of times awakened during the night
- Amount of time awake during the night
- Comments on the quality of sleep (For example, did you wake up feeling groggy, refreshed, fatigued, etc.?)
- Number and duration of naps
- Amount of caffeine/alcohol consumed during the day
- Exercise routine
- Medication you took
- Activities 1 to 3 hours prior to going to bed

Make a daily sleep diary and share it with your doctor.

### It's in the details

Details can play an important role in revealing specific behaviors that decrease the likelihood of a good night's sleep. After 1 to 2 weeks you may start to see patterns that could help you draw some conclusions.

Resource: [Helpguide.org](http://Helpguide.org)

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