

Your two-week sleep diary

A sleep diary is the most useful piece of information you can bring to a clinical conversation about your sleep.

Tracking your pattern for two weeks shows what one bad night, or one good night, cannot. **This is information, not a verdict.** The data is for whoever helps you with your sleep next. It is not designed for you to diagnose yourself.

i For use alongside a clinical conversation, not as a substitute. A diary is a description of your pattern. The interpretation of that pattern belongs in a session with a GP, a psychologist, or a sleep clinician.

WHAT THIS IS

A two-week record of your own pattern

- One row per day, kept brief
- An observation of where, when, and how your sleep moves
- Information for a future clinical conversation, if you want one
- Useful alongside therapy, or as a first step on your own

WHAT THIS IS NOT

A score, a test, or a diagnosis

- Not a measurement of how good or bad your sleep is
- Not a test you can pass or fail
- Not a substitute for a clinical assessment
- Not something to perfect; partial entries are still useful

HOW TO USE IT

1 Once a day, in the morning

Fill in the row for the night before, as soon as you can after waking. A few minutes is plenty. Even three days is useful.

2 Estimate, do not measure

Best guesses are fine. Sleep efficiency is optional. If you want it, the panel below shows the math.

3 At the end, look across

Read across the two weeks. The pattern across rows is the information, not any single row.

AN EXAMPLE DAY, TO SHOW WHAT A ROW MIGHT LOOK LIKE

DAY	INTO BED	TOOK TO FALL ASLEEP (MIN)	AWAKE AT NIGHT (MIN)	OUT OF BED	SLEEP EFFICIENCY
Tue 4 Mar	10:45 PM	40	30	6:30 AM	85%

Sleep efficiency is the proportion of time in bed actually spent asleep. Most adults sit between 85 and 95 percent when sleep is healthy. If you want to work out your own number, the panel below shows how, step by step.

HOW TO WORK OUT YOUR SLEEP EFFICIENCY

Sleep efficiency is the share of your time in bed that you were actually asleep, written as a percentage. It is optional. If you want a number, here are the steps. The example uses the Tuesday row above.

1 Work out time in bed, in minutes

Count the hours and minutes from "Into bed" to "Out of bed." Then turn that into minutes: hours times 60, plus the leftover minutes.

FOR TUESDAY 10:45 PM to 6:30 AM is **7 hours 45 minutes**. Then $7 \times 60 + 45 = 465$ minutes in bed.

2 Add up the minutes you were awake

Add "Took to fall asleep" and "Awake at night."

FOR TUESDAY $40 + 30 = 70$ minutes awake.

3 Take step 2 from step 1, then turn it into a percentage

Subtract awake minutes from time in bed to get minutes asleep. Divide that by time in bed. Multiply by 100.

FOR TUESDAY $465 - 70 = 395$ minutes asleep. Then $395 \div 465 = 0.85$. Times 100 = **85%**.

REMEMBER A diary is a description of your sleep, not a measurement of how well you are doing. Honest and partial is more useful than complete and tidy.

When the two weeks are done, you can sit with what you notice, or bring it to a first conversation. Either is a fine next step.

Fourteen-day sleep diary

One row per day for two weeks. **Best guesses are fine.** Skip cells if nothing comes. The sleep efficiency column is optional. If you want to work it out, page 1 shows the math.

DAY & DATE	INTO BED <i>e.g. 10:45 PM</i>	TOOK TO FALL ASLEEP <i>in minutes</i>	AWAKE AT NIGHT <i>in minutes, total</i>	OUT OF BED <i>e.g. 6:30 AM</i>	SLEEP EFFICIENCY <i>% (optional)</i>
WEEK 1					
Day 1 <i>date:</i>					
Day 2 <i>date:</i>					
Day 3 <i>date:</i>					
Day 4 <i>date:</i>					
Day 5 <i>date:</i>					
Day 6 <i>date:</i>					
Day 7 <i>date:</i>					
WEEK 2					
Day 8 <i>date:</i>					
Day 9 <i>date:</i>					
Day 10 <i>date:</i>					
Day 11 <i>date:</i>					
Day 12 <i>date:</i>					
Day 13 <i>date:</i>					
Day 14 <i>date:</i>					

WHEN YOU HAVE YOUR TWO WEEKS

You can bring this to a first conversation, or just keep noticing.

The patterns you notice are useful information, whether or not you book a session. If you'd like to talk them through, the Meet and Greet is a short call to see if we're the right fit.

MEET & GREET

Free
15 minutes
Online or in-person
No obligation