



SLEEP DIARY PROMPTS



To complete in the morning, once I wake up. *When I think about last night's sleep...*

What time did I fall asleep? (Estimate if unsure)

What time did I wake up?

How many times did I wake up during the night? For how long?

Did I get out of bed at any point?

How do I feel this morning? (Refreshed? Tired? Anxious?)

Rate the quality of my sleep (scale of 1-10)

What did I do in the hour before bed?

Did I use any screens before bed? For how long?

Did I eat or drink anything within 2 hours of sleep? What was it?

