# How do I use my sleep diary?

The diary consists of a row of squares/24h. Every square equals 15 minutes. You leave the square white if you are not in your bed, or if you are awake in bed with the lights on (for example when you read a book). You shade the square when the lights are off, you are trying to fall asleep, but you are still awake. You colour the square when you feel like you were asleep. You can fill in the diary 30 to 60 minutes after getting out of bed in the morning (to avoid sleep inertia) and je give an estimation of your previous night. You draw a line when you went to bed and you draw a line when you got out of bed this morning. In between those lines, you can estimate how many times you woke up and approximately how long you were awake. Don't worry about the accuracy, that is not the most important issue!

Example:

I went to bed around 22:00, but a read for 30 minutes. Then I turned the lights off and I think it took about 45 minutes to fall asleep. I think a woke up 2 times this night. First I slept until 2:00 and then I was awake for approximately 30 minutes. Then I slept until 4:30 and was awake for 45 minutes. Then I slept again until I woke up 15 minutes before my alarm clock. I got out of bed at 6:30. I score my sleep quality (SQ) a 6/10 and the feeling of being fully rested in the morning (R) a 5/10
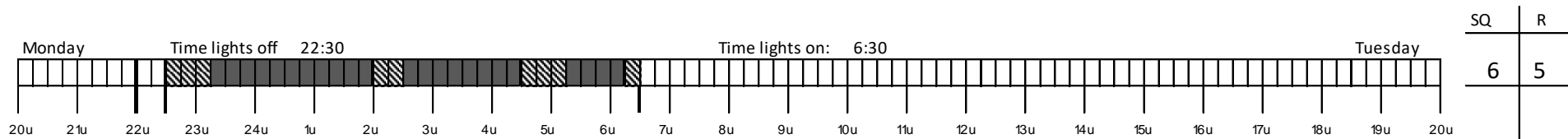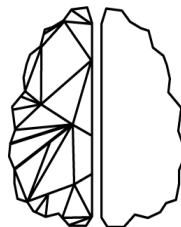

Good luck!

Sleep diary week……..   SQ=   Sleep Quality (0-10)   R =   Feeling rested (0-10)

	SQ	R

Monday   Time lights off   Time lights on: **Tuesday**

20u   21u   22u   23u   24u   1u   2u   3u   4u   5u   6u   7u   8u   9u   10u   11u   12u   13u   14u   15u   16u   17u   18u   19u   20u

Tuesday   Time lights off   Time lights on: **Wednesday**

20u   21u   22u   23u   24u   1u   2u   3u   4u   5u   6u   7u   8u   9u   10u   11u   12u   13u   14u   15u   16u   17u   18u   19u   20u

Wednesday   Time lights off   Time lights on: **Thursday**

20u   21u   22u   23u   24u   1u   2u   3u   4u   5u   6u   7u   8u   9u   10u   11u   12u   13u   14u   15u   16u   17u   18u   19u   20u

Thursday   Time lights off   Time lights on: **Friday**

20u   21u   22u   23u   24u   1u   2u   3u   4u   5u   6u   7u   8u   9u   10u   11u   12u   13u   14u   15u   16u   17u   18u   19u   20u

Friday   Time lights off   Time lights on: **Saturday**

20u   21u   22u   23u   24u   1u   2u   3u   4u   5u   6u   7u   8u   9u   10u   11u   12u   13u   14u   15u   16u   17u   18u   19u   20u

Saturday   Time lights off   Time lights on: **Sunday**

20u   21u   22u   23u   24u   1u   2u   3u   4u   5u   6u   7u   8u   9u   10u   11u   12u   13u   14u   15u   16u   17u   18u   19u   20u

Sunday   Time lights off   Time lights on: **Monday**

20u   21u   22u   23u   24u   1u   2u   3u   4u   5u   6u   7u   8u   9u   10u   11u   12u   13u   14u   15u   16u   17u   18u   19u   20u

BRAINWISE   Sleep & Performance