

Week 1	What time did you...				Did you wake in the night? If so, why? How long did it take to go back to sleep?	Detail yesterday's food & drink, including times	Yesterday's exercise - what type, when and how long?	Yesterday's evening activity, what did you do and at what time?	How are your energy levels today? (0-5, 5 being excellent, 0 being poor)	How would you rate your mental wellbeing today? (0-5, 5 being excellent, 0 being poor)	How would you rate your sleep last night? (0-5, 5 being excellent, 0 being awful)
	Go to bed last night?	Go to sleep last night?	Wake up this morning?	Get up this morning?							
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

**Week 1 notes** - Make a note of anything specific for this week. Any good or bad nights? Anything that seemed to impact on how well you slept? Any patterns noticed yet?

Week 2	What time did you...				Did you wake in the night? If so, why? How long did it take to go back to sleep?	Detail yesterday's food & drink, including times	Yesterday's exercise - what type, when and how long?	Yesterday's evening activity, what did you do and at what time?	How are your energy levels today? (0-5, 5 being excellent, 0 being poor)	How would you rate your mental wellbeing today? (0-5, 5 being excellent, 0 being poor)	How would you rate your sleep last night? (0-5, 5 being excellent, 0 being awful)
	Go to bed last night?	Go to sleep last night?	Wake up this morning?	Get up this morning?							
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

**Week 2 notes** - Make a note of anything specific for this week. Any good or bad nights? Anything that seemed to impact on how well you slept? Any patterns noticed yet?

Week 3	What time did you...				Did you wake in the night? If so, why? How long did it take to go back to sleep?	Detail yesterday's food & drink, including times	Yesterday's exercise - what type, when and how long?	Yesterday's evening activity, what did you do and at what time?	How are your energy levels today? (0-5, 5 being excellent, 0 being poor)	How would you rate your mental wellbeing today? (0-5, 5 being excellent, 0 being poor)	How would you rate your sleep last night? (0-5, 5 being excellent, 0 being awful)
	Go to bed last night?	Go to sleep last night?	Wake up this morning?	Get up this morning?							
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

**Week 3 notes** - Make a note of anything specific for this week. Any good or bad nights? Anything that seemed to impact on how well you slept? Any patterns noticed yet?

Week 4	What time did you...				Did you wake in the night? If so, why? How long did it take to go back to sleep?	Detail yesterday's food & drink, including times	Yesterday's exercise - what type, when and how long?	Yesterday's evening activity, what did you do and at what time?	How are your energy levels today? (0-5, 5 being excellent, 0 being poor)	How would you rate your mental wellbeing today? (0-5, 5 being excellent, 0 being poor)	How would you rate your sleep last night? (0-5, 5 being excellent, 0 being awful)
	Go to bed last night?	Go to sleep last night?	Wake up this morning?	Get up this morning?							
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

**Week 4 notes** - Make a note of anything specific for this week. Any good or bad nights? Anything that seemed to impact on how well you slept? Any patterns noticed yet?

## YOUR SLEEP SOLUTIONS

Looking back over the last month, make a note of what has helped you sleep and how you are going to modify habits going forward, to enable positive changes.

### **Mental Health**

What will you do to help you rest and relax?

### **Physical Health**

What will help you physically?  
Are there changes you will make to the amount/type of exercise you do?  
Are there changes you will make to your diet?

### **Bedroom Environment**

What changes will you make in your bedroom to make it a place of sleep and relaxation?