

Sleep Diary & Habit Tracker



life **after** cancer

Start date:	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep Plan	What time are you ready to be in bed, ready for sleep? Tick if you stick to it or write in time	23:30 ✓						
	When will you get out of bed?	07:00 ✓						
Habits: 3 goals	1. eg. warm shower or bath before bed	✓						
	2. eg. get out of bed if you can't sleep	✓						
	3. eg. try cognitive shuffling	✓						
Your sleep last night...	How many hours were you in bed in total?	8 hours						
	How many times did you wake up? How long for?	3 (4 hrs)						
	How many hours were you asleep in total?	4 hours						
	Sleep Efficiency?* = hrs asleep/ hrs in bed * 100	50%						
	Sleep quality? 5 = great, 1 = poor Did anything interfere with sleep?	4 - too hot						
	How was your energy yesterday, out of 10?	7						

*An average sleep efficiency of >80% across the week is a healthy target