

# Log your sleep

Use the sleep diary below to record your sleeping habits for one week. Log additional factors such as your use of medications, alcohol and caffeinated beverages; your exercise patterns and how sleepy you feel during the day. The tracked information can help you see patterns and practices that may be affecting your ability to get a good night's sleep. Complete the morning and evening sections each day.

Sleep Diary		MON	TUE	WED	THU	FRI	SAT	SUN
Complete in the Morning	Time I went to bed last night							
	Time I woke up this morning							
	Number of hours I slept last night							
	Number of awakenings and total time awake last night							
	How long I took to fall asleep last night							
	Medication(s) taken last night							
Complete in the Evening	How awake did I feel when I got up this morning? 1 - Wide awake 2 - Awake but a little tired 3 - Sleepy							
	Number of caffeinated drinks (coffee, tea or soda) I consumed today and the time I had them							
	Number of alcoholic drinks (beer, wine or liquor) I consumed today and the time I had them							
	Nap times and lengths today							
	Physical activity times and lengths today							
How sleepy did I feel during the day today? 1 - So sleepy I had to struggle to stay awake 2 - Somewhat tired 3 - Fairly alert 4 - Wide awake								

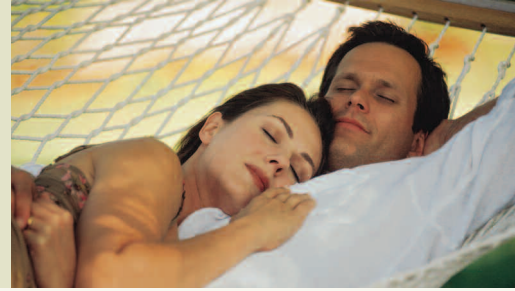


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# Are you sleeping like a log?



If your sleep diary reveals any of the following, you may be overstressed or possibly have a sleep disorder.

- You consistently take more than 30 minutes each night to fall asleep.
- You consistently awaken more than a few times or for long periods of time each night.
- You take frequent naps.
- You often feel sleepy during the day, especially if you fall asleep at inappropriate times during the day.

Look for ways to manage stress and improve your quality of sleep in the other **Stress FUNDamentals** handouts. If your sleep continues to be a problem, please consult your doctor for proper diagnosis and treatment.

