

# Tracking Your Sleep Wellness

SLEEP WELLNESS DIARY



# A Checklist to Get Quality Sleep

Think you're ready for bed? Let's make sure you are.

## **1. Tired?**

This may sound simple and unnecessary, but don't go to bed until you are actually tired. Tired enough to quickly fall asleep.

## **2. Comfortable Bed and Pillow?**

Make sure your bed and pillows are comfortable. You want to fall into comfort and serenity to help you drift into sleep.

## **3. Cool Dark Room?**

Is your room prepped for sleep like you are? Make sure your room is nice and cool. Turn on a fan and close the door a half hour before you are ready to go in and fall asleep.

## **4. Quiet, Fan, or White Noise Machine?**

Noises can keep you up all night. Lack of noise can have the same effect. Try a fan or white noise machine if you find noise or the lack of keeping you awake.

## **5. One Hour Blue Light Free?**

Try to shut down electronic use an hour before you go to sleep. If you can't handle an hour, then start with fifteen minutes and work your way up. Turn off the TV and put away your phone.

## **6. Turned Off or Silenced Your Phone?**

The beeping, dingding, and ringing can quickly put an end to a potentially perfect night of sleep. Be sure to turn them off or silence them to make sure you aren't awakened during the night.

## **Ready, Set, Sleep!**

Were you able to check everything off? If so you are prepped and ready to enjoy a wonderful night of sleep, the kind of sleep you

# How To Turn Your Morning From Blah Into Fantastic

Are you ready to wake up the right way and make your mornings more inspiring and worthwhile?

## **Do**

- Get everything you need for the next day ready before bed (including your clothes and lunch)
- Set the alarm for the same time every morning including weekends
- Get up the first time your alarm goes off
- Take in some sunshine
- Take a morning shower
- Turn on some upbeat music
- Enjoy a morning workout
- Eat a healthy breakfast
- Enjoy a cup of coffee or tea

## **Don't**

- Select an annoying or jarring alarm
- Hit the snooze button on your alarm (not even once)
- Wake up in the dark
- Force yourself to make unnecessary decisions
- Turn on the TV while you're trying to get read
- Leave the house without drinking something
- Skip breakfast - starting the day without fuel will keep you feeling tired

Put your morning on track to be fantastic by implementing this list of do's and don'ts into your morning

# Beginning to Track Your Sleep; Sleep Diary Instructions

Keeping a sleep diary is a great way to get a glimpse of your sleep-wake cycle and track the potential causes of your sleep problems. Our Sleep Diary is quite simple to use and only takes a few minutes of time to complete when you wake up and before going to bed.

Starting on Monday morning when you wake, fill out the “When I Wake” diary sheet. This sheet allows you to recognize how you slept the night before and not important factors contributing to your sleep.

Next, before going to bed Monday evening, fill out the “Before I fall asleep” diary sheet. This sheet tracks your stress level, mood, and daily/bedtime habits, that all play a role in the quality of your sleep.

Continue this process each morning and evening for the rest of the week. (This diary provides one week worth of tracking, but you can simply print copies if you’d like to continue.)

Once you have began tracking your sleep, you may notice patterns and how different factors can affect your sleep quality. Make changes to your routine and environment as you begin to see what positively and negatively

Date that I began tracking my sleep wellness:

\_\_\_/\_\_\_/\_\_\_

# Monday

## When I Wake Up

It took me about \_\_\_\_\_ minutes to fall asleep from the time I wanted to go to sleep until I was actually able to go to sleep.

I feel like I got enough sleep:  Yes  No

I woke up during the night

# of times \_\_\_\_\_

# of minutes \_\_\_\_\_

The reason I woke up was because:

- |   |   |                                 |
|---|---|---------------------------------|
| <input type="checkbox"/> I was hot/cold | <input type="checkbox"/> Discomfort       | <input type="checkbox"/> Animal |
| <input type="checkbox"/> Noise          | <input type="checkbox"/> Spouse           | <input type="checkbox"/> Child  |
| <input type="checkbox"/> Snoring        | <input type="checkbox"/> Chocking/gasping | <input type="checkbox"/> Other: |

This morning I feel (check all that apply):

- |                                    |                                    |                                 |                                    |
|------------------------------------|------------------------------------|---------------------------------|------------------------------------|
| <input type="checkbox"/> Energized | <input type="checkbox"/> Refreshed | <input type="checkbox"/> Drowsy | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Other:    |                                    |                                 |                                    |

Other factors that could have affected my sleep:

- |  |  |
|--|--|
| <input type="checkbox"/> Work hours                                      | <input type="checkbox"/> Different sleep environment |
| <input type="checkbox"/> Feeling ill                                     | <input type="checkbox"/> Monthly cycle for women     |
| <input type="checkbox"/> Stress overload <input type="checkbox"/> Other: |  |

Wake time:: 1 2 3 4 5 6 7 8 9 10 11 12  AM  PM

# Monday

## Before I Fall Asleep

My Stress level today was...

My mood today was...

Very pleasant  Pleasant  Unpleasant  Very unpleasant

I feel my stress was due to lack of sleep:  Yes  No

I found myself dozing off during daily activities:  Yes  No

I took a nap today (If yes, note the time and length):  Yes  No

I exercised today (If yes, note the time and length):  Yes  No

Medications I took today include (If any, note time taken):

Within 2 hours of going to bed I have consumed:

Alcohol  Caffeine  Heavy meal

The last meal/snack I ate was (note time I ate):

My bedtime routine included:

Movie  Book  Bath  Electronics  Other (explain)

Bedtime: 1 2 3 4 5 6 7 8 9 10 11 12  AM  PM

# Tuesday

## When I Wake Up

It took me about \_\_\_\_\_ minutes to fall asleep from the time I wanted to go to sleep until I was actually able to go to sleep.

I feel like I got enough sleep:  Yes  No

I woke up during the night

# of times \_\_\_\_\_

# of minutes \_\_\_\_\_

The reason I woke up was because:

- |   |   |                                 |
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| <input type="checkbox"/> I was hot/cold | <input type="checkbox"/> Discomfort       | <input type="checkbox"/> Animal |
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| <input type="checkbox"/> Other:    |                                    |                                 |                                    |

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# Wednesday

## When I Wake Up

It took me about \_\_\_\_\_ minutes to fall asleep from the time I wanted to go to sleep until I was actually able to go to sleep.

I feel like I got enough sleep:  Yes  No

I woke up during the night

# of times \_\_\_\_\_

# of minutes \_\_\_\_\_

The reason I woke up was because:

- |   |   |                                 |
|---|---|---------------------------------|
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# Friday

## When I Wake Up

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I feel like I got enough sleep:  Yes  No

I woke up during the night

# of times \_\_\_\_\_

# of minutes \_\_\_\_\_

The reason I woke up was because:

- |   |   |                                 |
|---|---|---------------------------------|
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# Saturday

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I feel like I got enough sleep:  Yes  No

I woke up during the night

# of times \_\_\_\_\_

# of minutes \_\_\_\_\_

The reason I woke up was because:

- |   |   |                                 |
|---|---|---------------------------------|
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# Sunday

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I feel like I got enough sleep:  Yes  No

I woke up during the night

# of times \_\_\_\_\_

# of minutes \_\_\_\_\_

The reason I woke up was because:

- |   |   |                                 |
|---|---|---------------------------------|
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Bedtime: 1 2 3 4 5 6 7 8 9 10 11 12  AM  PM



# Are you not getting a good night sleep?

Get to the bottom of your sleep problems with Vitalistics. Let us provide you with insights into your sleep problems so you can take the first step to reclaiming your sleep health. Get started with Vitalistics today!

[www.vitalistics.com](http://www.vitalistics.com)





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