

7-night sleep diary

Fill this in each morning, as soon as you can after getting up. Estimates are fine — do not clock-watch during the night, it makes sleep worse and the numbers no better.

Working out your numbers. **Time in bed** = lights out to out of bed. **Time asleep** = lights out to final wake, minus the minutes it took you to fall asleep and the minutes you were awake in the night. **Sleep efficiency** = $\text{time asleep} \div \text{time in bed} \times 100$.

Sleep efficiency below 85% is the point at which sleep restriction therapy tightens time in bed. Taking longer than 30 minutes to fall asleep, or being awake more than 30 minutes in the night, on at least three nights a week for three months, is the pattern the American Academy of Sleep Medicine describes for chronic insomnia disorder. These are reference points for a conversation with a clinician — not a diagnosis.

Night	Date	Lights out	Minutes to fall asleep	Times you woke	Minutes awake in the night	Final wake time	Out of bed	Rested 1–5	Pain on waking	Notes — pillow, position, anything unusual
1										
2										
3										
4										
5										
6										
7										

Free to print, copy and hand out, including in a clinic or waiting room, under a [Creative Commons Attribution 4.0 licence](#). Keep this credit line and you are within it.

Sleep Align · sleepalign.org/sleep-diary/ — the same diary online, where it adds the numbers up for you and prints a one-page summary for your appointment. No sign-up, no email address.