SLEEP DIARY

For one week, try tracking your sleep and see if your sleep behaviour is consistent – consistency is healthy! And you can train yourself to sleep better, much like anything else.

Each morning, place a checkmark in the box beside the strategies you used the day before and then rate your overall sleep quality for that night. You'll track what works for you, then you can deliberately follow habits that work for your sleep goals.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Comfortable sleep environment							
Stayed on sleep schedule							
Followed bedtime routine							
Went to bed when sleepy							
No caffeine or alcohol four hours before bed							
Physically active that day							
Quality of sleep from 1-10							

asebp
ALBERTA SCHOOL EMPLOYEE BENEFIT PLAN

EMOTIONAL | SPIRITUAL | INTELLECTUAL | **PHYSICAL** | **ENVIRONMENTAL** | FINANCIAL | OCCUPATIONAL | SOCIAL