**My Sleep Diary**

A good night’s sleep is important for your brain and body to rest and repair. Getting enough sleep will help you…

* remember what you learned during the day
* have more energy for sports, playing and connecting with peers
* stay healthy by improving your immune system
* pay attention and stay focused
* feel better about yourself!

**TASK:** Fill out the diary below each morning with an adult in your household to track your sleep behaviours. Knowing our sleep patterns and behaviours can help to improve our sleep routine. This weekly diary will help you keep track of yours.

**My bed time:** During the week, I will aim to be in bed by \_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Date: | **Sunday** | **Monday** | **Tuesday** | **Wednes.** | **Thursday** | **Friday** | **Saturday** |
| I fell asleep at: |  |  |  |  |  |  |  |
| I woke up at: |  |  |  |  |  |  |  |
| My total hours of sleep: |  |  |  |  |  |  |  |
| Did you have trouble falling asleep? | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** |
| Did you have trouble waking up? | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** |
| Did you wake up during the night? | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** |
| What did you do in the hour before bed? e.g. played online games, watched YouTube, reading |  |  |  |  |  |  |  |

**Tips for a better night’s sleep:**

* Schedule your bed time to give you 8-10 hours of sleep every night and aim for the same time each night
* Plan relaxing activities before bed every night like reading or listening to quiet music
* Keep active and exercise during the day and avoid heavy exercise before bed time
* Keep your bedroom free from screens and other distractions as they keep our brains activated