



Tools for Better Health

Sleeping Journal

Proper sleep is one of the most important aspects of human existence. It is vital for us mentally, physically and emotionally. This is why sleep deprivation is listed and banned as torture by the United Nations. Insufficient and poor quality sleep can torture us in more ways than one, and establishing proper sleep patterns is becoming increasingly difficult in today's fast-paced societies.

Below is a monthly journal to help us understand our sleep patterns, and discover our peak sleep times. Make sure to include not only when you went to bed, but how long it takes you to sleep. It is also important to write down your thoughts and feelings shortly after waking up. Try to change up your sleep cycles, by getting more or less sleep, and modifying your schedule for a month. Also, it may help to keep track of your eating and work-out habits (see our interactive eating and work-out journals). Below is a sample. Start your own journal on page 2.

Day	Bed Time/ Sleep Time	Wake Time	Hours Slept	Mornings thoughts and feelings	End of the day overview	Things that affected your ability to sleep & how they affected you during the day.
1	11/11:10	7	7:50	Felt good and refreshed	Work was difficult today, but it seemed to go ok, not as tired as usual.	Slept well and felt good all day.
2	11/11:30	7	7:30	Woke up without the alarm, and was very hungry	Work was better, and my work-out times were awesome had a lot of energy.	Again had a great day, I think that this amount of time is good for me.
3	12/12:45	7:15	6:30	Couldn't sleep last night too amped after gym, feeling sleepy this morn.	Felt tired all day, not so much physically but mentally. Hard to work out tonight	Maybe going to the gym too late isn't a good idea. Sleeping this little didn't help either.
4	11:15/11:20	7	7:40	Fell asleep fast and feeling better	Work sucked today, and needed coffee after lunch. But felt rested, just tired.	Today was better, although the coffee didn't help much.
5	12:30/1:00	6:30	5:30	Kept thinking about work at night, feel lousy this morning, need a lot of coffee	Felt lousy all day, and even though I drank a lot of coffee and ate good, still felt lousy	Need to stop drinking coffee after the morning. It seems that sleeping under 7 hours is not a good idea for me.
6	2:00/2:10	11:45	9:35	Even though I was tired I couldn't sleep last night. couldn't get up this morning and still feel crappy.	Felt tired all day, even though I slept a lot. Couldn't stay awake and have to go to bed. Too tired to work out today	I don't think staying up late is the problem with me being tired. It seems I feel lousy whether I sleep too little or too much. Also working out seems to help me sleep.
7	10/10:25	7	8:35	Feeling a little better, but still not well rested.	Not such a great day off. Didn't do anything this weekend and feel horrible.	Feel pretty good after eight and half hours sleep, although still not feeling rested completely.
			Average sleep	Weekly overview		
			7:34 hrs	It seems that when I average 7 ½ hours I feel the best. I need to keep track of my eating habits. It seems coffee doesn't help me work better, and may even interfere. I need to try to sleep the same amount of time for one week, and then change it over the weeks to see what works best.		

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		Average Sleep	Final Thoughts & Overview			