

# Sleep Diary

Fill out the following sleep diary when you wake up to look for patterns of factors that affected your sleep that night.

<b>Date of sleep</b>			
<b>Wake time</b>			
<b>Bedtime</b>			
<b># of awakenings</b>			
<b>Time of last caffeine consumption before bed</b>			
<b>Any exercise that day?</b>			
<b>Mood before and after bed</b>			
<b>Were you hydrated before bed?</b>			
<b>Describe your sleep</b>			
<b>Before bed activities</b>			
<b>Pain Level at bedtime</b>			
<b>Pain Level in the morning</b>			

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Did you see any patterns of factors that affected your sleep over the last few days? What were they?

Do you observe any patterns related to your mood and sleep? How does sleep affect your mood? How does mood affect your sleep? Etc.

What can you try to do differently to improve your sleep over the next few days?