

Sleep Diary

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

Date of sleep			
Wake time			
Bedtime			
# of awakenings			
Time of last caffeine consumption before bed			
Any exercise that day?			
Mood before bed			
Did you have any alcohol before bed?			
Did you dream?			
Were you hydrated before bed?			
Describe your sleep			
Before bed activities			
Pain Level at bedtime			
Pain Level in the morning			

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

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