

Sleep Diary



Seven days. Fill it in first thing while the night is still fresh.

mettletherapy.co.uk - Chris Brotherton, MNCPS (Acc.)

HOW TO USE IT

Fill it in first thing each morning, while the night is still fresh - estimates are fine. Score each night 0 (wrecked) to 10 (genuinely refreshed), and use Notes for anything that might matter: caffeine, alcohol, screens, exercise, mood. After seven days, bring it to your next session.

FIELD	E.G.	MON	TUE	WED	THU	FRI	SAT	SUN	
Bedtime	11:00 pm								
Time fell asleep	11:45 pm								
No. of awakenings	2								
Wake time	6:30 am								
Time out of bed	7:00 am								
Total sleep (hrs)	6.5								
Sleep quality (0-10)	6	-	▼	-	▼	-	▼	-	▼
Daytime naps	20 min, 3 pm								
Notes	Coffee at 4 pm								

REFLECT ON YOUR SLEEP

Look back over the last night or two. Bring this to your GP or your next session with Chris.

How did the last two nights compare - better, worse, or disrupted?



What might have affected it? (caffeine, alcohol, screens, stress, pain, meds)



Anything unusual that night? (noise, light, temperature, away from home)



Anything to raise with your GP or Chris?



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Have a suggestion for a new resource? Email us at info@mettletherapy.co.uk.