

SLEEP WELL **KEEPING** **YOUR OWN** **SLEEP DIARY**

**THE
GREATER
GAME**

Keeping your own sleep diary will allow you to learn about your sleep patterns, habits and pre-bedtime routines. Tracking them will provide you with a valuable tool to help you make relevant changes to your daily routines to make healthier habits and get a better night's rest. This will help you to perform on- and off-the pitch.

Use the sleep diary on the next page as a guide to help you track your sleep over a typical week. Use this information to challenge yourself to make small changes to improve the quality and quantity of sleep you get each night

WHERE TO LOOK IF YOU NEED MORE HELP GETTING THOSE WELL DESERVED ZZZ'S

The Sleep Charity

Full of loads of interesting tips and tricks
www.thesleepcharity.org.uk

Headspace

A brilliant section on sleep
www.headspace.com

Calm

A great app with sleep stories!
www.calm.com

NAME:

SLEEP DIARY

START DATE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What time did you begin to relax before going to bed?							
What time did you get into bed?							
What time did you fall asleep?							
What did you do in between getting into bed and falling asleep?							
Did you wake up in the night? If so, what time(s)?							
What did you do while you were awake?							
What time did you fall back to sleep?							
What time did you wake up in the morning?							
Total number of hours sleep							