

The Sleep Diary

A simple week-long log to spot what helps and what hurts your sleep. Worksheet.

A sleep diary shows patterns you cannot see night to night. Fill it in each morning for a week or two, then look for what helps and what hurts. Bring it to a clinician if sleep is a real problem, since it makes the conversation far more useful.

Day	Bedtime	Wake time	Hours	Caffeine / alcohol	How I slept
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

If poor sleep lasts for weeks and affects your days, talk with a clinician. Cognitive behavioral therapy for insomnia (CBT-I) is the first-line treatment and works well.

Learn more: [Sleep Hygiene at shrinkdaily.com/concept/sleep-hygiene](https://shrinkdaily.com/concept/sleep-hygiene)

Educational information only, not medical or legal advice. This resource is created under the direction of Shariq Refai, MD, MBA, board-certified psychiatrist, and published by ShrinkDaily, part of The Shrink Network. It is evidence-informed but general, it is not a substitute for evaluation or treatment by a licensed clinician, and it does not create a doctor-patient relationship. It may not fit your situation or the laws and clinical standards of your area, so please do your own research and talk with a qualified professional. If you are in crisis or thinking about suicide, call or text 988 in the US, call 911, or go to the nearest emergency room.