



7-Day Sleep Diary

A simple way to see patterns in sleep, energy, habits, and mood.

How this helps: A sleep diary gives you and your clinician a clearer picture of your usual sleep pattern. Tracking the same items for one week can reveal links between bedtime, awakenings, caffeine, exercise, evening habits, mood, and how rested you feel. It can also help measure whether changes you make are improving your sleep.

How to use it: Complete the **morning** section soon after waking and the **evening** section near the end of the day. Estimates are fine - do not watch the clock during the night just to make the diary exact. Bring the completed diary to your appointment.

MORNING - complete after waking	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time I went to bed last night							
Time I got out of bed this morning							
Estimated total sleep (hours)							
Number of times I woke during the night							
How rested I feel this morning (0-10)							

EVENING - complete near the end of the day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Caffeinated drinks today (#)							
Time of last caffeinated drink							
Exercise today (minutes)							
What I did in the hour before sleep							
Mood today (0=very low, 10=great)							

Helpful tip: Focus on your best estimate rather than precision. The goal is to notice patterns, not to create a perfect record. If tracking sleep makes you more anxious, stop and discuss that with your clinician.

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Patient Sleep Tracking Tool