Complete a week of the sleep diary

Your name:

Day of the week:							
Date:							
What time did you wake in the morning?							
Did you wake naturally in the morning? **If not, what woke you up?**							
What time did you start getting ready for bed?							
What time did you go to bed?							
What time do you think you fell asleep?							
Did you wake in the night?							
What did you do to get back to sleep?							
How long did it take you to go back to sleep?							

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Eight Ways to Make Your Sleep a Priority

Wind down your busy brain in the evening. Finish homework & take time to chill an hour before you go to bed

Have a warm relaxing bath & read before bed.

Avoid caffeine after 2 pm (yes, that includes tea, coffee, & soft drinks like Coke or energy drinks).

Turn off all screens an hour before sleep. & keep your mobile & laptop out of your bedroom

Check your room is dark, quiet & a cool temperature

Have a regular time to go to bed &, just as importantly, a regular wake up time every day.

Don't have late night arguments or discussions

If peckish before bed, consider a high- carb snack such as cereal with milk or some toast. Avoid anything with sugar

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Explore the bedroom below to work out what can help or hinder your sleep



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