



THE SLEEP CHARITY

# TEEN SLEEP DIARY



**A sleep diary may help you to identify patterns with your sleep. Try keeping it for two weeks and see if you can notice roughly what time you fall asleep. This will give you an idea of where your circadian rhythm is right now.**

You can also use the information to work out how much sleep you are getting each night. Remember, we are all different and need varying amounts of sleep to function well. On average teenagers need around 9 to 10 hours sleep per night. Naps can reduce your sleep drive if you have them too late and for too long in the day, meaning you will feel even less tired by bedtime.

A short, early afternoon nap may however be helpful and it is much better than having a lengthy lie-in for supporting your circadian rhythm. You can record any naps that you have on the sleep diary.

## **Here are a few tips to help you to keep your sleep diary:**

- Keep the diary by your bed – this way you are more likely to fill it in at the time and get the details accurate.
- Set a special alarm to remind you to complete it each morning.
- It doesn't matter what day you start the diary on, simply fill in day 1 and move through the week to day 7.
- Where it says date, please put the date when you begin the diary.
- If the diary isn't large enough make additional notes on a separate sheet.
- Be honest when you fill it in.
- If completing the diary feels too overwhelming at the moment, don't start it.
- Take time to reflect on it. If you can see any patterns emerging?
- Don't hesitate to talk to a parent, a health professional or even your wellbeing contact at school/college.



# TEEN SLEEP DIARY

NAME

AGE

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



# TEEN SLEEP DIARY

NAME

AGE

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