

Sleep Diary

Fill out this sleep diary every morning to the best of your ability. Over time, you'll be able to track and explore the habits, patterns and routines that affect your sleep.

SLEEP	Got into bed at:		How long it took to fall back asleep:	
	Turned off the lights at:		Woke up for good at:	
	Time it took to fall asleep:		Rate how you felt at wakeup (1 = worst, 10 = best):	
	How many times did you wake up throughout the night?		Got out of bed at:	
	What disrupted your sleep?		Rate your overall sleep quality (1 = worst, 10 = best):	
	Describe your bedtime routine:			

ACTIVITY	How many naps did you take yesterday?		Total nap duration:	
	When was your last nap of the day?		Rate your energy level throughout the day (1 = worst, 10 = best):	
	What did you do for exercise?			
	When did you exercise, and for how long?			

FOOD & DRINK	Number of caffeinated beverages consumed throughout the day:	
	Time of last caffeinated beverage:	
	List any food/drink consumed in the 2-3 hours before bed:	

Sleep Management Plan

James R. Finley, Bret A. Moore



Sleep Management Plan:

The Sleep Management Plan Dale Hanson Bourke,1990 Add hours to your work Increase your energy Improve your sleep Bring balance to your life by using this easy to follow program Subtitle **Military Preventive Medicine** ,2003
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Principles and Practice of Sleep Medicine in the Child Richard Ferber (M.D.),1995 This book is for any professional who sees children or parents of children with sleep problems including pediatricians primary care physicians nurses mental health workers pulmonologists neurologists and specialists in sleep medicine Although sleep disorders in children are very common until recently the body of knowledge in pediatric sleep medicine was too limited to warrant a textbook devoted to this topic In recent years a robust scientifically based body of knowledge has emerged and the tools to diagnose and effectively treat children with sleep disorders are now available The first part of this book reviews normal sleep patterns and clinical assessment techniques in the child The second part deals with specific problems related to the sleep period problems that may be developmental neurologic psychologic psychiatric or medical in origin Only by understanding the interactions among normal sleep patterns parental desires patient needs and pathologic states can a rational approach to the evaluation and treatment of sleep disorders in children become feasible *Emotional and Sensory Processing Problems* Susan S. Poisson,Georgia A. DeGangi,1991

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