

INSOMNIA MANAGEMENT 1

Sleep Diary

The first step in dealing with a sleep problem is an accurate assessment of its nature, severity and causes. Then an appropriate diagnosis can be made and treatment implemented.

The Sleep Diary is useful when a more comprehensive assessment is required.

Generally, people include the Sleep diary as part of their daily routine. The times that are written down need only be estimated.

How to use the Sleep Diary

Complete the Sleep Diary over seven consecutive days.

Just before going to bed each night:

- record the day in the box (eg Monday)
- draw a line on the graph for any daytime naps
- place a **C** for each cup of tea, coffee or cola
- place a **A** for each glass of alcohol
- place a **M** when sleep medication is taken
- place an arrow (↓) at the time you intend turning out the lights to go to sleep.

When you get out of bed:

- record the time you got out of bed with an arrow (↑)
- draw a line on the graph for the time you were asleep. Leave gaps to indicate any period where you believe you were awake.

This is an estimate of the time awake.

DO NOT clock watch!

Once completed return to your health professional with the diary for analysis and to receive the recommended management therapy(s).

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On completion of the Sleep Diary

Your health professional will analyse the sleep diary at a follow-up appointment. The table below will assist this process.

POSSIBLE DIAGNOSIS

(If any of the following are present when analysing the sleep diary **tick** the associated box)

MANAGEMENT THERAPIES

Excessive alcohol intake (especially toward bedtime) and falling asleep quickly then waking in the early hours of the morning.

Sleep: Facts & Hygiene

Excessive coffee intake (especially toward bedtime).

Sleep: Facts & Hygiene

Going to bed but not falling asleep for some time (over 30 minutes) and becoming anxious about it.

Stimulus Control Therapy

Relaxation Therapy

Waking for long periods during the night and becoming anxious about being unable to return to sleep.

Bedtime Restriction Therapy

Relaxation

Spending excessive time in bed and experiencing sleep broken by frequent awakenings.

Bedtime Restriction Therapy

Falling asleep early each evening (before 9pm), waking very early and being unable to return to sleep.

Bright Light Therapy (morning)

Not falling asleep until the early hours of the morning (after midnight) and then experiencing difficulty rising early each morning, even with an alarm.

Bright Light Therapy (evening)

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Sleep Diary: Example Graph: See Instructions – “How to use Sleep Diary” Note: Sleep Diary (24hrs) commences at 9-00am.

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| | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Day | | C | | | | | C | — | | A | C | | M | — | — | — | | | | — | — | — | — | — |
| MON | | | | | | | | | | | | | | | | | | | | | | | | |
| | AM | | | Noon | PM | | | | | | | | Midnight | | | AM | | | | | | | | |



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| Day | | | | | | | | | | | | | | | | | | | | | | | | |

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| Day | | | | | | | | | | | | | | | | | | | | | | | | |

Please list all your current medications: