



Sleep Diary & Habit Checklist

Track your nights and tune the habits that protect your sleep.

Sleep and mental health move together: poor sleep worsens mood, anxiety, and focus, and those in turn disrupt sleep. The good news is that sleep responds well to consistent habits. This tool draws on cognitive behavioral therapy for insomnia (CBT-I), the first-line, evidence-based approach to lasting sleep improvement. Track for a week or two before changing anything — patterns are easier to fix once you can see them.

Sleep habit checklist

Tick the habits you already keep; the unchecked ones are good places to start.

✓	Habit
	Keep the same wake-up time every day, including weekends.
	Get out of bed if you can't sleep after ~20 minutes; return when drowsy.
	Use the bed only for sleep and intimacy — not scrolling, work, or worrying.
	Stop caffeine by early afternoon and go easy on alcohol near bedtime.
	Dim screens and lights for an hour before bed; keep the room cool and dark.
	Get daylight and some movement during the day.
	If your mind races, keep a notepad by the bed to park tomorrow's worries.

Seven-night sleep diary

Day	To bed	Asleep ~	Woke in night	Up for day	Quality 1–5	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Quality scale: 1 = very poor, 5 = very restful. "Asleep ~" is your best estimate of when you actually drifted off.

Bring this worksheet to your next appointment.