Sleep Diary

Sleep Diary May - June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10 Reduce technology use before sleep - at least an hour before bed if possible	**11** Try a herbal/soothing non stimulating drink before bed	**12** Take a warm bath or shower	**13** Have a notepad by the bed - write down those thoughts that stop you sleeping
14 Look at taking a natural remedy - studies suggest magnesium can help with sleep	**15** Treat yourself! All of these can help - eye mask, weighted blanket, ear plugs	**16** Check out your sleep environment – cooler temperatures and darkness can help	**17** Relax before sleep by reading a book rather than scrolling	**18** Watch an NHS sleep hygiene video for lots of useful informative advice	**19** Keep a sleep diary to measure the pattern and quality of sleep	**20** Monitor your sleep via an APP - watch out for that blue light though!
21 Exercise can really help improve your sleep - walking, gentle stretching and yoga all help	**22** Reduce caffeine intake earlier in the day	**23** Listen to relaxing/soothing music as you try to sleep	**24** Keep your bed for sleep/sex only (saucy lol!)	**25** Address mental wellbeing issues that might be keeping you awake	**26** Seek medical advice for significant long-term health conditions	**27** Sort financial worries/get a plan together to help you sleep better
28 Trial getting up and going to bed at the same time for awhile	**29** Are you using the correct mattress and pillows?	**30** If you nap during the day, try and cut the naps out on a trial basis	**31** Check with your clinician about the effects of prescribed medication	**1** Start winding down when bedtime rolls around	**2** Don't watch the clock - consider turning your clock away so you can't see it	**3** Lower alcohol and caffeine intake at night
4 Try meditating. Headspace is free to NHS staff until Dec 23	**5** Eat regular healthy meals and stay hydrated during the day	**6** Ensure you get as much natural light as possible in the daytime				