

Appendix 7.6

Sleep Diary*

The **National Sleep Foundation** is dedicated to improving health and well-being through sleep education and advocacy. It is well-known for its annual Sleep in America® poll. The Foundation is a charitable, educational and scientific not-for-profit organization located in Washington, DC. Its membership includes researchers and clinicians focused on sleep medicine, health professionals, patients, families affected by drowsy driving and more than 900 healthcare facilities.

www.sleepfoundation.org

NATIONAL SLEEP FOUNDATION

Sufficient sleep is important for your health, well-being and happiness. When you sleep better, you feel better. The National Sleep Foundation Sleep Diary will help you track your sleep, allowing you to see habits and trends that are helping you sleep or that can be improved.

How to Use the National Sleep Foundation Sleep Diary

- ❖ Our sleep diary only takes a few minutes each day to complete.
- ❖ We've given you diary entries for seven days; you may want to make several copies.
- ❖ Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep. Is your bedroom a sanctuary for sleep? Or are there too many distractions? Did your nap interfere with a good night's sleep?
- ❖ Make incremental changes. Changing one habit at a time can set you on the path to healthy sleep.

Visit sleepfoundation.org for more sleep tips.

* National Sleep Foundation. Sleep Diary

