

MY SLEEP DIARY

By completing this table you will get some idea of how well you sleep on Monday 27th February. Complete the table on the morning of Tuesday 28th February and answer the statements around lunchtime on Tuesday. Don't forget to bring this sheet with you to the talk on "Sleep - the secret to HSC success".

Day:		Date:					
I went to bed last night at:	I got out of bed this morning at:	Last night I fell asleep in about:	I woke up during the night:	My sleep was disturbed by:	Last night I slept for a total of:	1 hour before going to sleep, I did	When I woke up for the day, I felt:
_____	_____	_____ Minutes	_____ # times		_____ Hours		<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Tired <input type="checkbox"/> Very tired

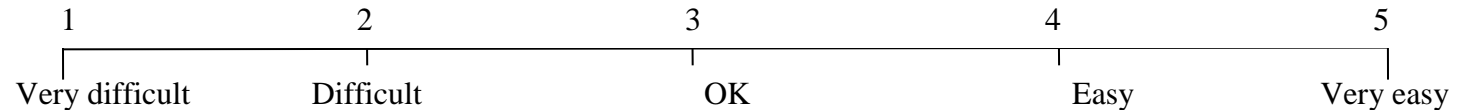
At midday complete the following 3 statements. Circle the position on the line that most applies to you, today.

Since waking this morning:

- I have been:



- I have found thinking:



- I have felt:

