

SLEEP LIKE A LOG?
A sleep diary or log is a good starting point to see exactly what the extent of the problem is.

An example might look like this:

Sunday
Monday
Tuesday
Wednesday
Thursday
<input type="checkbox"/> Friday
Saturday

Total nap time yesterday

Sleep Log

Friday, 18 February 2005 11:16

Sleep medication

Time started trying to sleep

Sleep Log

Friday, 18 February 2005 11:16

How long before feel asleep

Sleep Log

Friday, 18 February 2005 11:16

How many times woke up

How many minutes awake during night *

Sleep Log

Friday, 18 February 2005 11:16

Time awoke for last time this morning

How many hours' sleep?

Sleep Log

Friday, 18 February 2005 11:16

time got out of bed

Sleep Log

Friday, 18 February 2005 11:16

How well slept ~

How refreshing sleep was #

Sleep Log

Friday, 18 February 2005 11:16

□□□□ *not including time taken to fall asleep*

□□□□ ~ *compared with average over past month* 1. much worse; 2. slightly worse; 3. fairly typical; 4. slightly better; 5. much better

□□□□ # 1. not at all restorative: no benefit; 2. slight restorative value; 3. restorative but not adequate; 4. relatively satisfactory; 5. Completely satisfactory

It may also be helpful to assess your daily activity levels in a separate log and compare them to see if there is a correlation. In fact, any variable can be looked at in this way to see if there is a pattern emerging. So pain level, other symptoms, caffeine consumption, diet, menstrual cycle, medication changes (especially timing) can all be assessed to see their impact upon the sleep pattern.

For people with chronic pain, it is advisable to keep a pain log for the same period as the

sleep log; it might look something like this:

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