

Consider keeping a sleep diary

3. Consider sharing your sleep diary with your doctor, who can help you better understand your sleep health and develop any necessary treatment plan.

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Having trouble with sleep? The [National Sleep Foundation](#) recommends keeping a sleep diary to:

1. Track sleep patterns
2. Identify lifestyle factors and changes that may affect your sleep (i.e. caffeine, meals, or medications)
3. Share with your doctor

How to use a sleep Diary

- Fill out your sleep diary every day for at least one week.
- Update your sleep diary every morning, ideally within one hour of waking up.
- Provide as many details as possible to get a full picture of your sleeping patterns.
- [Get a free, printable sleep diary](#) (Carney et al., 2012).
- As an alternative, there is also a sleep diary app that you can install on your phone: [more information about the app](#).

Tip: Store your sleep diary and a pen or pencil near where you sleep so it is easily accessible. You can also set a reminder alarm on your phone for an hour after you normally wake up.

After completing your sleep diary...

1. Look for sleep habits and patterns.
2. Use the habits and patterns you observe to brainstorm lifestyle changes you can make to improve your sleep health.