

~ Sleep Detective Journal ~

Use this sleep detective journal for two weeks, then bring it back so we can analyze the results

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many caffeinated drinks (ex. Pop, RedBull, Monster, Coffee, Caffeinated tea) did I have today?							
Did I have caffeinated drinks after 2pm?							
How many mins of sunlight did I get?							
Did I get exercise today? If yes, was it less than 4 hours before bed?							
Did I take a nap today? If yes, how long was the nap							
Did I use my *sleep routine* before I went to bed?							
I went to bed at...							
FILL OUT THE NEXT SECTION AFTER YOU WAKE UP							
I think I fell asleep at...							
When did I wake up?							
Total sleeping hours							
What were you doing/thinking before you went to bed?							
How many times did I wake up through the night?							
What disturbed me?							
I woke up feeling refreshed (1: Not at all, 2: Somewhat, 3: A little, 4: Yes, 5: Very)							
Did I wake up before my alarm today?							

* A sleep routine is following the same steps you take to go to bed, in the same order, each night. An example of a sleep routine is” 1) brushing my teeth, 2) getting my pajamas on, 3) set my alarm for the next day, 4) hop into bed, 5) mom or dad reads me a story for 15 minutes, 6) turn out my lights, 7) say “goodnight,” 8) and close my eyes.