

The Upward Spiral 2nd Edition - Sleep Diary

Trouble falling asleep or staying asleep? Not feeling fully rested in the morning or alert throughout the day? I've got some good news! Whether you can figure it out on your own, or need a sleep expert to help you, keeping a sleep diary is one of the best places to start.

Here's what to do: print out this diary and keep it by your bed. Then follow these simple steps.

Step 1. Each morning, fill it out for the previous night.

When you wake up in the morning, fill out the left side of the diary. Some items you can't know for certain, so just take your best guess. Don't stress about being perfect—it's just to build awareness. Feel free to record a brief note on why you think you felt rested or not. Simply reflecting on potential causes for how you feel is a helpful exercise in and of itself.

Step 2. Each evening, fill it out for that day.

Before you go to bed at night, take a moment to fill out the right side of the diary. Since many parts of life can affect sleep, use the "Notes" column to record any exercise, caffeine or alcohol intake, or medication you took. Including details like *when* and *how much* can help create insights. Please also use this section to keep track of any stressful events that may have impacted your sleep. If you need more room, you can always write on the back or keep a separate journal. And again, don't stress about being perfect—it's just to build awareness

Step 3. After a week, review your entries and look for patterns.

Try to figure out what helps and what makes things worse. Reflect on the data that you've collect and decide where to go from there. This is an iterative process. If you're satisfied with your progress, keep going. And if not, then maybe it's time to look for more support or guidance.

For more insights, join my mailing list at <https://www.alexkorbphd.com/upward/> or follow me on Instagram: @alexkorbphd.



Disclaimer: This diary is not intended to treat or diagnose any illness or mental health condition. It is for educational purposes only. For medical or mental health concerns please consult a qualified medical or mental health professional.

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Complete this part in the morning.						Complete this part at night.		
Day/ Date	I went to bed at:	I woke up this morning at:	I took about this long to fall asleep (minutes):	I woke in the night (# of times)	I slept a total of... (hours):	How did you feel when you woke up this morning?	What did you do in the hour before bedtime?	Notes: (exercise, caffeine, alcohol, medication, etc...)
1.						<input type="checkbox"/> Fully rested <input type="checkbox"/> Somewhat rested <input type="checkbox"/> Not rested Thoughts on why?		
2.						<input type="checkbox"/> Fully rested <input type="checkbox"/> Somewhat rested <input type="checkbox"/> Not rested Thoughts on why?		
3.						<input type="checkbox"/> Fully rested <input type="checkbox"/> Somewhat rested <input type="checkbox"/> Not rested Thoughts on why?		
4.						<input type="checkbox"/> Fully rested <input type="checkbox"/> Somewhat rested <input type="checkbox"/> Not rested Thoughts on why?		



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5.						<input type="checkbox"/> Fully rested <input type="checkbox"/> Somewhat rested <input type="checkbox"/> Not rested Thoughts on why?		
6.						<input type="checkbox"/> Fully rested <input type="checkbox"/> Somewhat rested <input type="checkbox"/> Not rested Thoughts on why?		
7.						<input type="checkbox"/> Fully rested <input type="checkbox"/> Somewhat rested <input type="checkbox"/> Not rested Thoughts on why?		

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End of Week Reflection:

Take a moment to look at your data and reflect on possible causes or solutions. Think of yourself as a scientist. Even if you don't know for certain why an experiment isn't working perfectly, you can reflect on the data, take your best guess (i.e. hypothesize) and then take action (i.e. do another experiment). Remember, you don't need to fix everything at once. The Upward Spiral is all about one small change at a time

What nights did I sleep best? What was different about those days?

What nights did I sleep worst? What might have contributed?

What patterns am I starting to notice about my habits, stress, or routines?

What small change can I try this week to improve my sleep?

Am I satisfied with the progress I'm making on my own, or should I look into getting more help?