



आधार.....आनंदी जीवनाचा

आधार मानसोपचार क्लिनिक

SLEEP DIARY

Track your sleep patterns, duration,
and quality to discuss with your doctor.



Name (Optional): _____

Week Of: _____



How to use:

Fill this diary daily, preferably in the morning.
Be as consistent and honest as possible.

DAY	TIME WENT TO BED	TIME FELL ASLEEP	TIME WOKE UP	TOTAL SLEEP DURATION (HOURS)	NUMBER OF AWAKENINGS AT NIGHT	SLEEP QUALITY (1-5)	COMMENTS / NOTES (Dreams, disturbances, anything unusual)
 MONDAY सोमवार	___/___	___/___	___/___	_____ hrs	_____	① ② ③ ④ ⑤	_____
 TUESDAY मंगळवार	___/___	___/___	___/___	_____ hrs	_____	① ② ③ ④ ⑤	_____
 WEDNESDAY बुधवार	___/___	___/___	___/___	_____ hrs	_____	① ② ③ ④ ⑤	_____
 THURSDAY गुरुवार	___/___	___/___	___/___	_____ hrs	_____	① ② ③ ④ ⑤	_____
 FRIDAY शुक्रवार	___/___	___/___	___/___	_____ hrs	_____	① ② ③ ④ ⑤	_____
 SATURDAY शनिवार	___/___	___/___	___/___	_____ hrs	_____	① ② ③ ④ ⑤	_____
 SUNDAY रविवार	___/___	___/___	___/___	_____ hrs	_____	① ② ③ ④ ⑤	_____

SLEEP QUALITY SCALE (1-5)

-  **Very Poor**
Very restless sleep
-  **Poor**
Fell asleep with difficulty,
woke up often
-  **Average**
Okay sleep, some
interruptions
-  **Good**
Slept well, refreshed
-  **Excellent**
Deep, restful sleep,
felt very fresh

FACTORS THAT MAY AFFECT YOUR SLEEP

-  Stress / Anxiety ☐
-  Caffeine / Nicotine ☐
-  Alcohol ☐
-  Heavy Meals ☐
-  Screen Time (TV / Mobile / Laptop) ☐
-  Exercise ☐
-  Medication ☐
-  Other Illness / Pain ☐
-  Other: _____ ☐

ADDITIONAL NOTES

WEEKLY SUMMARY (Optional)

Average total sleep duration: _____ hrs

Average sleep quality (1-5): _____

Anything you want to discuss
with your doctor: _____

TIPS FOR BETTER SLEEP



Go to bed & wake up
at the same time
every day.



Avoid caffeine
6 hours before
bedtime.



Limit screen time
at least 1 hour
before sleep.



Practice relaxation
techniques like deep
breathing or meditation.



Keep your room dark,
quiet and
comfortable.