

4 weeks to better sleep

DR MICHAEL MOSLEY

Sleep diary

Week commencing: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Before bed							
What time was your last food or drink?							
When was your last coffee or tea?							
How many alcoholic drinks did you have?							
During the night							
When did you go to bed?							
Did you find it hard to fall asleep							
Did you wake in the night?							
If so, how often?							
And for how long?							
What time did you get up?							
Estimate how long you slept							
Calculate your sleep efficiency							
Rate your sleep 1-5							
How tired are you, 1-5?							
Thinking about yesterday							
Did you fall asleep unintentionally?							
How many coffees did you have?							
Did you have an afternoon slump?							
Were you irritable?							
Did you exercise?							
Food and drink							
Are you eating fibre-rich foods?							
Are you eating/ drinking more fermented foods?							

A life-changing plan for deep sleep,
improved brain function and feeling great