

# Can't sleep? Track your habits



If you have trouble sleeping, you may need to seek assistance from a health care professional in order to determine the cause. Before your visit, it can help to gather some information relating to sleep habits. The Centers for Disease Control and Prevention (CDC) recommends that you track the information below in a sleep journal for 10 days. This may reveal patterns that can help your doctor understand factors that can contribute to sleep troubles.

In addition to the information below, also let your doctor know if you snore or are very sleepy during the day. These can be signs of sleep apnea.

## Sleep Journal

Track the time you:

| Day | Go to bed | Fall asleep | Wake up | Get out of bed | Take naps | Exercise | Drink alcohol | Consumed caffeinated beverages |
|-----|-----------|-------------|---------|----------------|-----------|----------|---------------|--------------------------------|
| 1   |           |             |         |                |           |          |               |                                |
| 2   |           |             |         |                |           |          |               |                                |
| 3   |           |             |         |                |           |          |               |                                |
| 4   |           |             |         |                |           |          |               |                                |
| 5   |           |             |         |                |           |          |               |                                |
| 6   |           |             |         |                |           |          |               |                                |
| 7   |           |             |         |                |           |          |               |                                |
| 8   |           |             |         |                |           |          |               |                                |
| 9   |           |             |         |                |           |          |               |                                |
| 10  |           |             |         |                |           |          |               |                                |

To support a good night of sleep, follow these suggestions from the CDC and National Sleep Foundation:

S  
L  
E  
E  
P



Have a consistent bedtime and waking time, even on the weekends



Establish a relaxing bedtime routine

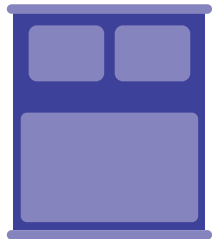


Sleep in a quiet, dark, relaxing room

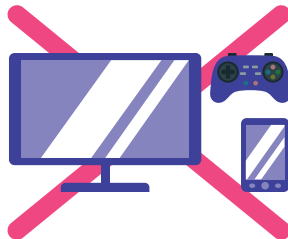


Keep the room at a comfortable temperature (between 60 and 67 degrees)

W  
E  
L  
L



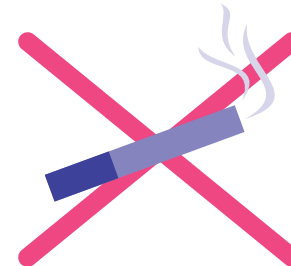
Use a comfortable, supportive mattress



Don't use electronics (TVs, computers, smart phones) in the bedroom



Don't have a large meal, caffeine, or alcohol before bed



Avoid tobacco



Exercise during the day