

# 4 weeks to better sleep

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## Sleep diary

Week commencing: \_\_\_\_\_

|  | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|-----|-----|-----|-----|-----|-----|-----|
| <b>Before bed</b>                              |     |     |     |     |     |     |     |
| What time was your last food or drink?         |     |     |     |     |     |     |     |
| When was your last coffee or tea?              |     |     |     |     |     |     |     |
| How many alcoholic drinks did you have?        |     |     |     |     |     |     |     |
| <b>During the night</b>                        |     |     |     |     |     |     |     |
| 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?                        |     |     |     |     |     |     |     |
| <b>Thinking about yesterday</b>                |     |     |     |     |     |     |     |
| Did you fall asleep unintentionally?           |     |     |     |     |     |     |     |
| How many coffees did you have?                 |     |     |     |     |     |     |     |
| Did you have an afternoon slump?               |     |     |     |     |     |     |     |
| Were you irritable?                            |     |     |     |     |     |     |     |
| Did you exercise?                              |     |     |     |     |     |     |     |
| <b>Food and drink</b>                          |     |     |     |     |     |     |     |
| 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