

Practice sheet

From: Sleep, mood and a bad week at work: one experiment worth running

My getting-up time for the seven days: _____ (the latest time I can keep every day)

One line each evening, starting tomorrow.

Day	Last night: roughly when I fell asleep, and how it went	Today: how it went, better or worse than I feared	Anything unusual
1			
2			
3			
4			
5			
6			
7			

After day 7:

Were my hardest days the ones after my shortest nights?

What did this week show me about my own sleep and mood?