

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 1

Last night: roughly when I fell asleep, and how it went

Today: how it went, better or worse than I feared

Anything unusual

Day 2

Last night: roughly when I fell asleep, and how it went

Today: how it went, better or worse than I feared

Anything unusual

Day 3

Last night: roughly when I fell asleep, and how it went

Today: how it went, better or worse than I feared

Anything unusual

Day 4

Last night: roughly when I fell asleep, and how it went

Today: how it went, better or worse than I feared

Anything unusual

Day 5

Last night: roughly when I fell asleep, and how it went

Today: how it went, better or worse than I feared

Anything unusual

Day 6

Last night: roughly when I fell asleep, and how it went

Today: how it went, better or worse than I feared

Anything unusual

Day 7

Last night: roughly when I fell asleep, and how it went

Today: how it went, better or worse than I feared

Anything unusual

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?
