



My SLEEP DIARY

Week

Monday	
My changes and events eg diet	symptoms / scores?
	Hours sleep hrs
	Insomnia score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Fatigue score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Other symptoms
Tuesday	
My changes and events eg diet	symptoms / scores?
	Hours sleep hrs
	Insomnia score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Fatigue score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Other symptoms
Wednesday	
My changes and events eg diet	symptoms / scores?
	Hours sleep hrs
	Insomnia score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Fatigue score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Other symptoms
Thursday	
My changes and events eg diet	symptoms / scores?
	Hours sleep hrs
	Insomnia score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Fatigue score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Other symptoms

Friday	
My changes and events eg diet	symptoms / scores?
	Hours sleep hrs
	Insomnia score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Fatigue score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Other symptoms
Saturday	
My changes and events eg diet	symptoms / scores?
	Hours sleep hrs
	Insomnia score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Fatigue score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Other symptoms
Sunday	
My changes and events eg diet	symptoms / scores?
	Hours sleep hrs
	Insomnia score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Fatigue score <small>best 1 2 3 4 5 6 7 8 9 10 worst</small>
	Other symptoms
WHOLE WEEK REVIEW	
My STEPS -- what did I try this week?	
How did my scores change?	
Any other links spotted?	