

Sleep Worksheet

Good sleep habits may help you sleep longer and more soundly so you can wake up feeling refreshed. Use this worksheet to help you and your healthcare provider to recognize your main sleep problems and identify good sleep habits that may help you improve your sleep.

Steps to getting a good night's sleep

Step 1

Keeping track of your sleep patterns

Keep a log of your sleep patterns for at least three nights, including one weekend night. While it may be hard to know exactly how long it took you to fall asleep or how long you were awake at night, make your best guess.

Your sleep log should include:

- **Naps:** Write down the time that your nap started and ended
- **Bedtime:** Write down the time that you got into bed and turned off the lights
- **How long it took to fall asleep:** Estimate how long it took you to fall asleep after turning off the lights
- **How many times you woke up:** Write down the number of times that you remember waking up during the night. Use the notes section to write down any unusual events, such as a phone call that woke you up
- **Morning wake-up time:** Write down the time that you woke up in the morning, even if you didn't get out of bed at that time
- **Out-of-bed time:** Write down the time that you actually got out of bed to start your day

Step 2

Address your main sleep problems

As you track your sleep patterns, think about the kind of sleep problems you are having.

Are you having trouble:

- Falling asleep?
- Staying asleep without frequent awakenings?
- Getting out of bed due to morning stiffness?

Step 3

Choose a sleep behavior tip that targets your main sleep problem

You can try:

- Following the tip for at least three days
- Using page 6 of the work sheet, monitor your sleep habits while you try the new tip. It can help you see how well the tip is working for you

Step 1: Keeping Track of Your Current Sleep Habits

For at least three nights, including one weekend night keep a log of your sleeping habits.

Nighttime Sleep Log

MY SLEEP HABITS	EXAMPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time I went to bed	10:30 pm							
How long it took me to fall asleep	45 min							
How many times I woke up	2							
How long I was awake each time	20 min, 10 min							
Morning wake-up time	6:30 am							
Out-of-bed time	6:45 am							
Notes: <ul style="list-style-type: none"> How did I feel when I woke up? Did I get a good night's sleep? 	Very groggy. Didn't want to get out of bed.							
Daytime naps	2 pm - 3pm							

Review your record of sleep habits. Then identify your main sleep problem.

My main problem is:

- ☐ Trouble falling asleep
☐ Trouble staying asleep
☐ Trouble waking up or getting out of bed

See:

- page 3
 page 4
 page 5

Step 2: Address your main sleep problem

“I have trouble falling asleep”

Look down the column for tips and behaviors that you can use to manage your sleep problems. Check off the category of tips you want to try. Use the notes section to help you plan how to use the tips.

CATEGORIES	TIPS FOR FALLING ASLEEP	NOTES
<input type="checkbox"/> Timing tips	<ul style="list-style-type: none"> • Go to bed at the same time each night • Get up at the same time each morning • Avoid napping if you can. If not, keep it to 30 to 60 minutes maximum 	
<input type="checkbox"/> Good sleep behaviors	<ul style="list-style-type: none"> • Get into bed only when you're sleepy • Get out of bed if you can't sleep • Try not to watch the clock • Don't read, eat, or watch TV in bed 	
<input type="checkbox"/> Bedroom tips	<ul style="list-style-type: none"> • Keep the bedroom temperature comfortable • Keep the bedroom dark • Make sure your bed is comfortable. If need, adjust the padding thickness on your mattress to your liking • Consider adjusting or changing your pillows or mattress to better support sore or painful areas • Keep your bed free of pets when you sleep 	
<input type="checkbox"/> Be mindful of what you consume	<ul style="list-style-type: none"> • Avoid caffeine and nicotine • Eat a light snack before bedtime • Avoid heavy meals close to bedtime 	
<input type="checkbox"/> Calming tips	<ul style="list-style-type: none"> • Do something that is calming before going to bed. Listen to music, read a magazine, or meditate • Avoid watching stimulating TV programs close to bedtime • If you find yourself worrying about something before bedtime, write down your thoughts in a “worry book.” Set aside time the next day to think about the problem and how to solve it 	
<input type="checkbox"/> Body temperature tips	<ul style="list-style-type: none"> • Take a warm bath shortly before bedtime • Avoid exercising within 2 to 3 hours of bedtime 	

Step 2: Address your main sleep problem

“I have trouble staying asleep”

Look down the column for tips and behaviors that you can use to manage your sleep problems. Check off the category of tips you want to try. Use the notes section to help you plan how to use the tips.

CATEGORIES	TIPS FOR STAYING ASLEEP	NOTES
<input type="checkbox"/> Good sleep behaviors	<ul style="list-style-type: none"> • Get into bed only when you're sleepy • Get out of bed if you can't sleep • Try not to watch the clock • Don't read, eat, or watch TV in bed 	
<input type="checkbox"/> Bedroom tips	<ul style="list-style-type: none"> • Keep the bedroom temperature comfortable • Keep the bedroom dark • Make sure your bed is comfortable. If need, adjust the padding thickness on your mattress to your liking • Consider adjusting or changing your pillows or mattress to better support sore or painful areas • Keep your bed free of pets when you sleep 	
<input type="checkbox"/> Be mindful of what you consume	<ul style="list-style-type: none"> • Avoid caffeine and nicotine • Eat a light snack before bedtime • Avoid heavy meals close to bedtime 	
<input type="checkbox"/> Calming tips	<ul style="list-style-type: none"> • Do something that is calming before going to bed. Listen to music, read a magazine, or meditate • Avoid watching stimulating TV programs close to bedtime • If you find yourself worrying about something before bedtime, write down your thoughts in a “worry book.” Set aside time the next day to think about the problem and how to solve it 	

my MS Toolkit

Step 2: Address your main sleep problem

“I have trouble waking up or getting out of bed”
Look down the column for tips and behaviors that you can use to manage your sleep problems. Check off the category of tips you want to try. Use the notes section to help you plan how to use the tips. If you are having trouble waking up or getting out of bed, it is important to try to get a good night’s sleep.

CATEGORIES	TIPS FOR STAYING ASLEEP	NOTES
<input type="checkbox"/> Timing tips	<ul style="list-style-type: none">• Go to bed at the same time each night• Get up at the same time each morning• Use an alarm clock	
<input type="checkbox"/> Bedroom tips	<ul style="list-style-type: none">• Open the shade first thing in the morning to let the daylight shine into your room	
<input type="checkbox"/> Calming tips	<ul style="list-style-type: none">• Remind yourself that you are trying to set a new sleep routine. Sticking to a schedule can help your body know when it is time to get up	

Step 3: Keeping Track of Your Current Sleep Habits

For at least three days, try following the tips you've chosen. Refer back to the Step 1 chart to see how well the tips work for you.

Nighttime Sleep Log

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Morning wake-up time	6:30 am							
Out-of-bed time	6:45 am							
Notes: <ul style="list-style-type: none"> • How did I feel when I woke up? • Did I get a good night's sleep? 	Very groggy. Didn't want to get out of bed.							
Daytime naps	2 pm - 3pm							

CATEGORY OF TIPS I TRIED