Let's Yarn About SLEEP!

Sleep Diary

Name: **Day:** **Date:**

A sleep diary can help you track and understand your sleep patterns. By recording your sleep habits and related activities, you can gain insights to **improve your sleep quality and overall health.** This diary can also be helpful for healthcare professionals to diagnose and treat sleep disorders like insomnia.

Instructions for completing the Sleep Diary

- It's a simple task, just place the diary in a spot where you'll remember to fill it out each day, such as on the fridge or beside your bed.
- Complete the diary every day for seven consecutive days.
- There is no specific time of day required to fill out the diary but doing it first thing in the morning often works best.
- Answer each question in the diary as accurately as you can remember.

Q.No	Can we ask some questions to know more about things that might affect your sleep? **Please write your answers in the given space. For multiple-choice questions, please select the most appropriate response.**						
1	Overall, today you felt (please tick all that apply)	☐ Happy	☐ Sad	☐ Grumpy	☐ Excited	☐ Angry	☐ Other (please specify)
2	The major event during the day that affected you was (please tick all that apply)	☐ Bullied	☐ Received bad news	☐ Got into a fight/ argument	☐ None		☐ Other (please specify)
3	Did you get a meal before going to bed?	☐ Yes	☐ No				
4	Are you sleeping in a comfortable place?	☐ Yes	☐ No				
5	Are you sleeping in a safe place?	☐ Yes	☐ No				
6	During the day, did you feel sleepy?	☐ Never	☐ Sometimes	☐ Often			
7	Did you nap during the day? (If yes, for how long)	☐ Yes	(hour/s)	☐ No			

Q.No	Can we ask some questions to know more about your bedtime routine? **Please write your answers in the given space. For multiple-choice questions, please select the most appropriate response.**					
8	One to two hours before going to bed, you (please tick all that apply)	☐ Read a book	☐ Messaged/talked/played on my mobile phone	☐ Browsed internet	☐ Played video games	☐ Watched TV
		☐ Got into a fight/ argument	☐ Ate dinner	☐ Exercised	☐ Smoked/drank alcohol	☐ Roamed on the street
		☐ Finished homework	☐ Drank tea/coffee/cola/ energy drink	☐ Others (please specify) _____		
9	Once in bed, you (please tick all that apply)	☐ Went straight to sleep	☐ Watched TV	☐ Read a book	☐ Listened to music	☐ Messaged/talked/played on my mobile phone
		☐ Played video games	☐ Practised relaxation/ meditation	☐ Others (please specify) _____		
10	Do you take any medicine? (If yes, please list the name of the medicine/ medical condition you have)	☐ Yes	☐ No	☐ Medicine/medical condition: _____		

Q.No	Can we ask some questions to know more about your sleep? **Please write your answers in the given space. For multiple-choice questions, please select the most appropriate response.**				
11	What time did you get into bed?	____ AM	____ PM		
12	How long did it take you to fall asleep?	_____			
13	Did you wake up during the sleep (if yes, please provide the number of times and total duration)	☐ Yes	____ Times (____ minutes)	☐ No	
14	Your sleep was disturbed by (please tick all that apply)	☐ Noise	☐ Uncomfortable sleeping environment	☐ Allergies	☐ Health problem
		☐ Other people sharing the room/bed	☐ Pets	☐ Stress/Worries	☐ Others
15	What time did you wake up?	____ AM	____ PM		
16	Overall, you slept for	____ Hours	____ Minutes		
17	Overall, how was your sleep quality?	☐ Poor	☐ OK	☐ Good	☐ Excellent
18	How you felt upon waking up?	☐ Very sleepy; I have to go back to sleep	☐ Tired and exhausted	☐ OK, need a little more time to wake up fully	☐ Very happy and full of energy to tackle my day

Suggested citation: Let's Yarn About Sleep-Sleep Health Diary for First Nations Peoples in Australia (2024). The University of Queensland, Brisbane.

This tool was co-designed with the Mount Isa (Kalkadoon Country) community in Queensland. We acknowledge the Traditional Custodians and Knowledge Holders of the lands where this tool was conceived and developed. We extend our respect and gratitude to the past, present, and emerging leaders and Elders who have guided every stage of the Let's Yarn About Sleep program.