

# Sleep Diary & Substance Tracker

nco | Adviser  
national council on aging



Use our sleep packet to track and share important information regarding your sleep and your consumption.

- Print multiple copies of the sleep diary page to keep track of your daily habits and sleep patterns.
- Paperclip or staple these pages together and present them to your doctor to help you stay focused on the thoughts and concerns you have about your sleep.

This printout is for your private use only. Please do not send your sleep diary entries or personal information to NCOA.

# Sleep Diary Entry



Document your regular sleep and daily habits for at least a week. Print at least seven of these pages and keep them filed for your reference. Organize them by date. It's best to complete this sheet every night before bed.

Day:

Date:



Today's mood:



Mental clarity level:



Energy level:



This morning, I woke up at

Tonight, I'm planning to sleep at:

Naps taken (when and for how long):

Light exposure: Did you get natural light in the morning? At what time did you stop using all blue-light emitting devices?

Temperature of room:

Ambient noise level while sleeping:



Number of alcoholic drinks and time consumed:

Number of caffeinated drinks/foods and time consumed:

Number of sugary drinks/foods and time consumed:

Number of foods and drinks with dyes consumed and at what time:

Was anything consumed to help fall asleep?  
(IE, melatonin, CBD gummies, marijuana, alcohol)