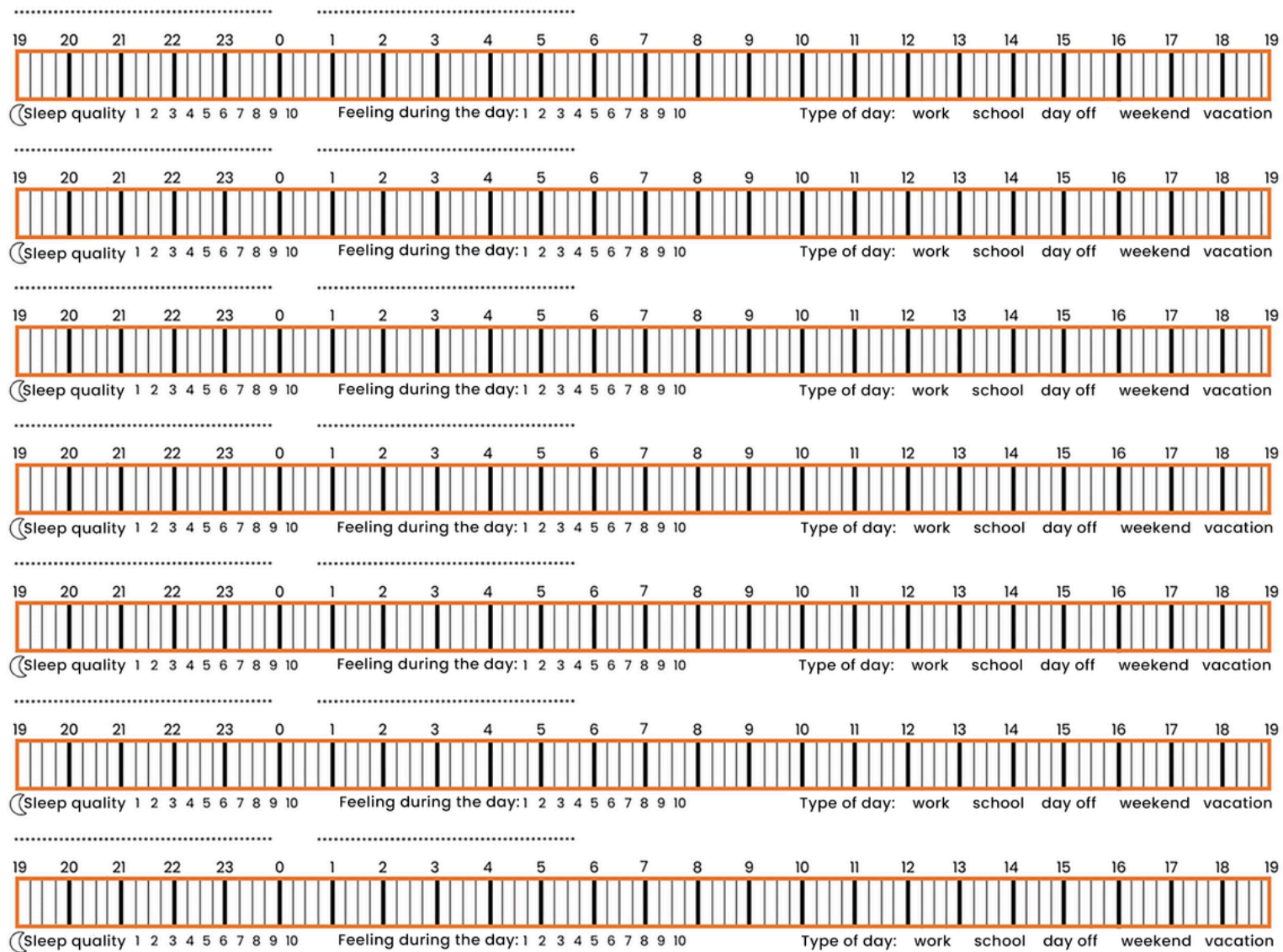


SleepScoreCard *Template*



SUPER SLEEPING SUCCES GUIDE

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Legend

- time out of bed (awake)
- time you are awake (in bed)
- time you sleep
- caffeine intake (coffee, cola, tea)
- alcohol intake
- nicotine intake
- medication intake
- sport
- nap during the day
- phone or PC used
- moment when you turn off the light
- moment your alarm clock rings

Manual SleepScoreCard Template *Template*

How does it work?

Keeping a sleep diary is a useful tool to track your sleep issues. You need this to regain control over your sleep. I cannot emphasize enough how important it is to maintain such a diary for several weeks. It's not difficult, but of course, you need to do it. Keeping a sleep diary is quite universal, and various forms can be found online.

Weekly schedule

The sleep diary always covers seven days and includes a bar for each day. Each bar runs from 7:00 PM to 7:00 PM the following day. Each hour (time unit) starts with a thick vertical line and is divided into four blocks, each representing fifteen minutes.

What gets measured gets managed

You mark when you are awake, actually sleeping, or awake in bed. You keep track of your consumption of caffeinated beverages during the day (coffee, black tea, cola, Red Bull, etc.). Whether you smoke, take medication, exercise, nap during the day, when you use your phone, tablet, or laptop, and if you consume alcohol. Additionally, you assess your sleep quality, which is subjective as it's your own estimation. You rate how you feel during the day (also subjective). Finally, you indicate what type of day it was: workday, day off, weekend, or vacation.

Filling out the sleep diary as a daily routine

Filling out your sleep diary is very simple and only takes a few minutes. It's easy to do, but just as easy not to do. Don't let this happen; make it a habit, like brushing your teeth, so you don't have to think about it anymore. Fill out your diary in the morning and update it throughout the day or evening if needed. Keep the diary in a place where you'll be reminded to fill it out every day. And again, as you've read in the book, the times are estimated times. So, you shouldn't constantly check the clock to fill out your sleep diary.

Manual SleepScoreCard Template *Template*

How do you fill out your sleep diary?

- Fill in the date on the dotted line (always two dates).
 - Leave blank (white) the times when you are awake and out of bed (daytime or nighttime).
 - Use half-hour intervals instead of quarters.
 - Highlight the times when you are lying in bed awake.
 - Fully shade in the times when you are asleep (daytime or nighttime).
 - Mark with a dot (circle) when you turn off the lights.
 - Mark with a cross when the alarm goes off and you get up immediately, or with a triangle if the alarm goes off and you stay in bed.
 - Then add another triangle at the time you actually get up.
 - Note when you consume caffeinated drinks or alcohol, smoke, take medication, exercise, use your phone, or take a nap.
- Use the following symbols for this:

- C = caffeinated beverages
- A = alcohol
- N = nicotine
- M = medication
- S = exercise/sports
- N = nap
- T = phone, tablet, or computer (laptop)

- Give your sleep quality a score from 1 to 10 each day (1 = my sleep is terrible and I feel completely unrested, 10 = I sleep wonderfully and feel fully rested).
- Also rate your daytime energy from 1 to 10 (1 = I struggle to stay awake during the day, 10 = I have plenty of energy all day long).
- Indicate the type of day it is: work, school, day off, weekend, or vacation.



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