



Be Pain Smart – Sleep

Sleep diary overview

When you sleep better, your pain is better.

It can be helpful to understand your sleep patterns to help you manage pain. It is also helpful to monitor sleep patterns when you are trying new ways to manage your sleep, to see if the changes are working.

Sometimes it can be hard to remember or keep track of your sleep patterns, that is, when you go to sleep, how often you wake up through the night, and when you get up in the morning. When you sleep better, your pain will be better.

Try filling out the sleep diary for two weeks, as this will give you a good idea of your sleep patterns.

It should take only a few minutes to fill out every morning.

(click the link [here](#) to download the form)

How to use the sleep diary

1. Set a reminder for the morning and put the diary next to your bed
2. Each morning, write down:
 - what time you went to bed?
 - how long did it take you to fall asleep?
 - how many times did you wake up during the night?
 - what time did you get out of bed this morning?
 - how many hours of sleep did you get last night?



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Ask for help
Ask a carer or therapist to help you fill out this sheet

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
What time did you go to bed?						
10:10pm	11:40pm					
How long do you think it took you to go to sleep?						
1 hour						
How many times did you wake up during the night?						
2						
What time did you get out of bed in the morning?						
6:45am						
How many hours do you think you slept last night?						
6						