

Sample – Sleep Journaling

Purpose: To write thoughts, feelings, conclusions, observations about sleep to help speed the CBTi process.

July 8 -

Well, I don't hold much hope, but I'm going to give this CBTi thing a try. I have tried everything under the sun with no success, but might as well give it a go.

July 10 -

I notice that I think about my lack of sleep a lot. I'm especially worried about its effect on my health. I wonder if worrying about sleep is part of the problem?

July 11 -

Started a sleep diary. Will see what it shows me.

July 14 -

I never realized how all the stress I carry from work carries over into night and makes it hard to fall asleep. I wonder if CBTi will help with that? I think that would be something for me to work on that would really help.

July 20 -

Kept up my sleep diary pretty good. I'm noticing that I go to bed and wake up all over the place. Might make it hard for my mind to get a consistent rhythm when I'm so inconsistent.

July 27 -

Have been measuring my sleep efficiency. It is running at about 70% which is low. I never realized that this could be a problem. I will commit to improving that and being consistent and waking at the same time for a week and see how that goes. I realize that I really didn't know much about how sleep really works. I have been screwing up big time.