

	When was your last caffeinated drink?	When was the last time you ate?	What did you do the hour before going to sleep?	When did you go to bed?	When did you go to sleep?	How many hours of sleep did you get?
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

	When was your last caffeinated drink?	When was the last time you ate?	What did you do the hour before going to sleep?	When did you go to bed?	When did you go to sleep?	How many hours of sleep did you get?
Monday	9.30pm – cup of tea	7pm	Watched TV on the sofa	10pm	11.30pm	7 hours (got up at 7am but woke up a lot)
Tuesday	8pm	6.30pm	Scrolled on my phone laid in bed	9.30pm	12am	6.5 hours (got up at 7am but woke up at 3am and couldn't get back to sleep)
Wednesday	4pm	7pm	Had a bath, then read a book in bed	9.45pm	10.30pm	8.5 hours
Thursday	5pm	7.15pm	Went out for dinner, came home & scrolled on my phone in bed. Laid in bed annoyed that I wasn't asleep	10.45pm	12am	6.5 hours
Friday	7.30pm	6.30pm	Watched TV in bed, then scrolled on my phone	8pm	11pm	7.5 hours (woke up a lot)
Saturday	4pm	8.30pm	Watched TV on the sofa, then tried to go straight to sleep	11.30pm	12.15am	10.5 hours (woke up feeling groggy)
Sunday	6pm	5.30pm	Had a bath and read a book in bed	9.30pm	10.15pm	8.5 hours (easier getting to sleep)