

## SLEEP PATTERN RECORD

Insomnia is a widespread problem, especially in our fast-paced culture. Some people delude themselves into thinking they need only 4 or 5 hours of sleep when most adults need about 7 hours of sleep on a regular basis. Other people think they do not sleep at all, but people who observe them discover that they do sleep for several hours during the night even though they may awaken periodically. There are techniques that can help people develop a better sleep routine. The most important techniques involve establishing a consistent sleep and wake-up time every day, exercising regularly, and avoiding alcohol. The following list will give you ideas about other sleep induction ideas that have been successful for many people. Review each of these and place a check mark next to those that you are willing to implement on a consistent daily basis to establish a sleep induction routine.

### 1. Sleep Induction Procedures:

- Engage in daily vigorous exercise during the afternoon for 20 to 30 minutes.
- Avoid spicy foods at night.
- Take a warm bath/shower 30 minutes prior to bed.
- Drink milk 30 minutes prior to bed (or take a melatonin tablet).
- Avoid conflict issues prior to bed.
- Read a book while in bed.
- Go to bed and get out of bed at the same time every day.
- Use deep muscle relaxation techniques to reduce tension.
- Imagine relaxing scenes while in bed rather than thinking about the next day.
- Avoid coffee, tea, colas, chocolate, and other foods or drinks containing caffeine.
- Write down disturbing thoughts to get them off your mind.

- \_\_\_\_\_ Focus on diaphragm breathing, counting each deep breath backward from 100.
- \_\_\_\_\_ Avoid alcohol 4 to 5 hours prior to bed.
- \_\_\_\_\_ Play soothing, quiet music or “white noise.”

2. Keep a daily record of stressful events, sleep pattern, disturbing dreams, and sleep induction techniques used.

<b>Day/Date</b> _____ _____	Stressful Events	_____
		_____
		_____
	Sleep Pattern	Start time : _____
		End time: _____
		Number of times awakened: _____
		Total time awake: _____
		Total time sleeping: _____
		_____
	Disturbing Dreams	_____
		_____
		_____
	Sleep Induction Techniques Used	_____
		_____
		_____
		_____
		_____

<b>Day/Date</b> _____ _____	Stressful	
	Events	
	Sleep Pattern	Start time : _____
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		Number of times awakened: _____
		Total time awake: _____
		Total time sleeping: _____
		_____
	Disturbing Dreams	
	Sleep Induction Techniques Used	

3. What sleep induction technique(s) proved to be helpful in improving your sleep?

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4. Describe the relationship between stress and sleep disturbance or bad dreams.

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5. Rate the effectiveness of your sleep induction routines.

1	2	3	4	5
Not Effective				Very Effective