# Behaviour diary for sleep mapping

### Your habits

Fill out points 1–5 about your habits every evening. On the next page, you will find points 7–11 about your exercises and tasks.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week: Monday \_\_/\_\_ until Sunday \_\_/\_\_ | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 1. Today, I have had \_\_ cups of coffee. |  |  |  |  |  |  |  |
| 1. Today, I have drunk \_\_ decilitres of other drinks containing caffeine, such as tea, coca cola or energy drinks. |  |  |  |  |  |  |  |
| 1. Today, I have drunk \_\_ decilitres of \_\_ (type of alcohol). |  |  |  |  |  |  |  |
| 1. I have exercised actively for \_\_ minutes. |  |  |  |  |  |  |  |
| 1. I have spent time outdoors in daylight between \_\_ and \_\_ (time of day). |  |  |  |  |  |  |  |

# Behaviour diary for sleep mapping

### Your exercises and assignments

Fill out points 7–11 about your exercises and tasks, when appropriate. Cross today’s box or write how many times you have completed a task. If you have set your own goal, enter this on row 11 and fill out today’s box.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week: Monday \_\_/\_\_ until Sunday \_\_/\_\_ | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 1. Practised diaphragmatic breathing. |  |  |  |  |  |  |  |
| 1. Practised rapid tension relief. |  |  |  |  |  |  |  |
| 1. Practised mindfulness. |  |  |  |  |  |  |  |
| 1. Completed my evening routine before I went to bed. |  |  |  |  |  |  |  |
| 1. Gotten up again for a while because I couldn’t fall asleep. |  |  |  |  |  |  |  |
| 1. My own target this week: |  |  |  |  |  |  |  |