

# KEEPING A SLEEP DIARY

## INTRODUCTION:

Maintaining healthy sleep habits is essential for physical and mental well-being. Keeping a sleep diary can be a powerful tool for understanding and improving sleep patterns.

This workshop will provide employees with the knowledge and skills needed to keep a sleep diary and use it to improve sleep quality.

## Topics to be covered:

- The benefits of keeping a sleep diary
- Techniques for accurately recording sleep patterns in a sleep diary
- Strategies for using a sleep diary to identify and address sleep issues
- A toolkit of resources to improve sleep quality through the use of a sleep diary
- Practical exercises to put the learning into practice

## Evidence-based benefits of keeping a sleep diary:

- Improved sleep quality and quantity
- Increased awareness of sleep patterns and habits
- Enhanced ability to identify and address sleep issues
- Increased chances of successful treatment for sleep disorders

## Techniques for accurately recording sleep patterns in a sleep diary:

- Recording the time you go to bed and wake up
- Recording the time it takes to fall asleep
- Rating the quality of your sleep on a scale of 1-10
- Noting any disruptions or awakenings during the night
- Recording any naps or daytime sleep
- Note any medications or substances consumed before bedtime
- Record any pre-sleep habits or activities, such as screen time or exercise

## Strategies for using a sleep diary to identify and address sleep issues:

- Identifying patterns or trends in sleep patterns and habits
- Setting and tracking sleep goals
- Seeking the advice of a healthcare professional or sleep specialist if necessary
- Implementing lifestyle changes, such as establishing a consistent bedtime routine or limiting screen time before bed

**Length:** 60mins (presentation only), 90mins (includes practical exercises)

**Delivery Option:** Face-to-Face, Virtual

## Toolkit:

- Sample sleep diary templates
- Tips for improving sleep quality
- Information on common sleep disorders and their treatment
- Resources for finding a healthcare professional or sleep specialist

## Practical Exercises:

- Starting a sleep diary to record sleep patterns
- Set and track sleep goals
- Implementing lifestyle changes based on the information in the sleep diary

## Conclusion:

By the end of this workshop, employees will have a better understanding of the benefits of keeping a sleep diary and will have the skills and techniques needed to accurately record their sleep patterns.

They will have the knowledge and tools to use a sleep diary to identify and address sleep issues and improve sleep quality.

Through practical exercises, employees will have had the opportunity to put their learning into practice and implement changes based on the information in their sleep diary.

