Two-Week Sleep Diary

Sleep and depression move together: poor sleep worsens mood, and low mood disrupts sleep. A sleep diary is the same tool clinicians use to assess insomnia. Fill it in each morning for the previous night; estimates are fine.

Date	Bedtime	Mins to fall asleep	Times woke up	Wake time	Total hours	Quality (1-5)	Caffeine, alcohol, naps, screens

After two weeks: is your time in bed regular? Are wake-ups clustered after alcohol or late screens? Bring this diary to your clinician, especially if you are being evaluated for insomnia or a medication change.

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