



## ADHD Sleep Diary

1. **Use the “Tracking” page for as many days/nights or weeks as you like** to get a baseline idea of your current sleep patterns. Even if they seem erratic (often true for ADHD folks), keep a record to the best of your ability anyway. It will help to notice whether the patterns are smoothing out or maintaining a seesaw pattern.
2. **Make a decision about what you would PREFER to create** for your own sleep patterns. Sleeping during the day may work fine for you. OR not. This is your choice (although your boss, mom, spouse/partner or schedule may have a distinct influence on your decision).
3. After you have paid “attention” to your sleep habits for a few days or weeks, **choose ONE of the sleep rituals or soothers to try** from the “Potential Changes” sheet or from the Tips and Tricks sheet. There are several blanks for you to add your own ideas for sleep changes. Do NOT choose all of them. You will drive yourself crazy with overwhelm. Be MODERATE ( tough for the ADHD in you).
4. **Use the “Make Changes” diary to track the effectiveness** of your changes. Give each change at least a few days to make a difference. Then add more ritual or changes to deepen your experience.
5. **Use the Diary to monitor your sleep even AFTER you make changes.** You can fine-tune your sleep habits to fit you perfectly!
6. Remember that sleep routines aren’t perfect, especially for ADHD folks. Ideally, you will maintain the same routine each day, but that’s for linear people. **Do the best you can. That’s good enough.** And if you fall off the wagon for a few weeks, just go back to the :Changes: sheet – no need to start over with monitoring. You didn’t fail – you’re just getting closer by experimenting!
7. Finally, know that **getting enough sleep IS worth the time** you are spending. Sleep is the number one ADHD treatment and it’s free, always available and no one needs to file your insurance!

# ADHD Sleep Diary - tracking

Dates: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Planned bedtime?							
Actual bedtime?							
How long did it take to fall asleep?							
Wake up during night? # times?							
Last caffeine of the day?							
Medication taken at what time? Circle meds that may be troublesome for you.	_____	_____	_____	_____	_____	_____	_____
Dreams? Nightmares? Anxiety?							
Naps during the day?							
Get sleepy during your "day?" When?							
Time I got up from sleeping							
Feel rested? Rate 1-10 1 = nope 10 = oh yes!							
Other important info about your sleep							

# ADHD Sleep Diary – Potential changes Dates: \_\_\_\_\_

These are some sleep changes I am willing to try over the next week:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm bath							
Turning off TV or computer 1 hour before bed							
Non-caffeinated tea or coffee							
Reading in bed							
Yoga or meditation							
Using guided relaxation or meditation							
Dim lights or use blue light blockers							
Mind dump							
Exercise early in day							
Monitor or adjust meds – time taken or type (check with Dr.)							

# ADHD Sleep Diary – make changes

Dates: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep prep ritual?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
What did you do differently tonight?							
Planned bedtime?							
Actual bedtime?							
How long did it take to fall asleep?							
Wake up during night? # times?							
Last caffeine of the day?							
Medication taken at what time? Circle meds that may be troublesome for you.	_____	_____	_____	_____	_____	_____	_____
Dreams? Nightmares? Anxiety?							
Naps during the day?							
Get sleepy during your "day?" When?							
Time I got up from sleeping							
Feel rested? 1 = nope 10 = oh yes!							
Sleep patterns better or worse?							