

Sleep Pattern Notes

A simple page to help you explain what has been happening, without turning sleep into another project.

Before you start

You do not need to complete this perfectly. The aim is to notice the broad pattern so you can explain it clearly to a GP, sleep professional or therapist.

1 How long has this been going on?

- ☐ A few weeks
- ☐ A few months
- ☐ Six months or more
- ☐ Longer than a year
- ☐ Not sure

2 What is the main pattern?

- ☐ Trouble falling asleep
- ☐ Waking several times
- ☐ Waking too early
- ☐ Long periods awake in bed
- ☐ Poor sleep quality
- ☐ It changes from night to night

3 Typical sleep timing

Usual bedtime: _____

Usual wake time: _____

Roughly how long I spend awake in bed: _____

Nights per week this happens: _____

4 What might be contributing?

- | | |
|---|---|
| ☐ Stress or worry | ☐ Needing the loo |
| ☐ Hormones or menopause symptoms | ☐ Room too hot, noisy or uncomfortable |
| ☐ Pain or discomfort | ☐ Caring responsibilities |
| ☐ Medication | ☐ Work pressure |
| ☐ Alcohol or caffeine | ☐ Family or life admin |
| ☐ Snoring or possible sleep apnoea | ☐ Not sure |
| ☐ Reflux or indigestion | |

5 How is it affecting the day?

- | | |
|--|---|
| ☐ Tiredness | ☐ Avoiding plans |
| ☐ Low mood | ☐ Napping to cope |
| ☐ Irritability | ☐ Work affected |
| ☐ Poor concentration | ☐ Driving or safety concerns |
| ☐ Worry about bedtime | ☐ Feeling overwhelmed |

6 Questions I may want to ask

- ☐ Could anything medical be contributing?
- ☐ Could menopause, pain, medication or sleep apnoea be involved?
- ☐ Is CBT-I appropriate for me?
- ☐ Are there NHS, digital or local CBT-I options?
- ☐ Could any health issue make sleep restriction unsuitable for me?
- ☐ What should I do if I feel very sleepy during the day?

Anything else worth mentioning?
