

Sleep Diary

There is one aspect of our modern life which we believe affects our ability to self manage and master these soft skills more than anything else; that is **SLEEP** (or lack of). Most of us need about 8.5 hours of good quality sleep each night. When we don't get it we suffer!

The table below will help you monitor the amount of sleep you get over a week and helps you measure your levels of irritability, concentration, physical energy, memory and the way you feel about yourself based on how much sleep you get.



This is not an exact scientific experiment, but shows the importance that sleep has on our ability to self-manage ourselves, be resilient, ensure we protect our mental health and generally be our best selves - something which is so important when we start work.

Days of the week	Went to sleep	Woke up	Total hours slept	Irritability	Concentration	Physical Energy	Feeling good about yourself	Memory
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
TOTAL FOR WEEK		

"Sleep is an investment in the energy you need to be effective tomorrow." – Tim Roth

- What was the impact on your scores (1-5) when you had a bad night's sleep ?
- How did you feel when you had a good night of sleep?
- How long do you stay on your mobile phone when you in bed?
- What would help you get more quality sleep each night ?
- What happens when you rely on energy drinks to get you through the day?



The benefits of sleep are enormous: Improves your attention and concentration * Helps you make memories * Helps you maintain a healthy weight. * Keep your heart healthy * Keep your immune system strong * Looks after your emotional and mental wellbeing *Reduce your stress levels and helps you maintain good relationships.