

Major Sleep Activity #1: My Sleep Diary Paper

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Psych 222: Current Directions in Psychology: Sleep

University of Washington

My Sequence of Diary Recordings

Day 1: Sunday

Day 2: Monday

Day 3: Tuesday

Day 4: Wednesday

Day 5: Thursday

Day 6: Friday

Day 7: Saturday

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My Sleep Diary Paper

Item 1: Overall, it was fairly easy for me to complete the sleep diary. It only took a few minutes each day, and I found that I enjoyed the process of looking back on my day/night and taking inventory of my various behaviors. I was worried I would forget to make entries in my sleep diary, but after the first two or three days, it became part of my routine. I chose to keep my sleep diary on paper, and I think being able to see my notebook on my desk in the morning and evening helped me remember to make my entries.

Item 2: Yes, I think that recording the timing of each nap—whether it occurred in the AM, PM or late at night—would make the sleep diary better.

Item 3: No, I am not budgeting enough time for sleep. I am consistently getting fewer hours of sleep than I need in order to feel rested.

Item 4: My sleep schedule is consistent. I went to bed at roughly the same time every night and woke up at around the same time in the morning. The only fluctuation was over the weekend, where I slept in quite a bit more than I did on weekdays.

Item 5: No, I am falling asleep within a short amount of time after I go to bed. My average sleep latency was under 10 minutes.

Item 6: No, my sleep is not disrupted in the night.

Item 7: My sleep is not satisfying. I woke up most mornings feeling as though I slept very deeply, due to the fact that I did not experience any awakenings during the night. However, I still felt tired every day. I suspect that the quality of my sleep is good, but I feel drowsy due to the fact that I am not spending enough time asleep.

Item 8: Yes, I tend to take naps in the late afternoon or at night, which pushes my bedtime back and causes me to get fewer hours of sleep than I would otherwise.

Item 9: No, my use of caffeine and medication is not affecting the quality or amount of sleep that I get.

Item 10: There are no aspects of my sleep environment that are disruptive, at least not to the point of reducing the length or quality of my sleep. That being said, it would be nice if my room was cooler at night, and if the street outside of my window was quieter.

Item 11: (a) Yes, I found this activity worthwhile. I have suspected for a while that I am not getting enough sleep, so being able to see exactly how long I am sleeping each night was very informative. I also found that I have a very short sleep latency, which I now know points to sleep deprivation. Overall, I enjoyed learning more about my habits, and I hope to use the information that I gained to improve my sleep in the future.

(b) One suggestion that I have for improving this activity is to include some measure of tiredness or drowsiness throughout the day. This might look like a numerical rating out of 10 in the evening entry, with 1 being no drowsiness during the day and 10 being extreme drowsiness. The amount of energy you have during the day can be greatly affected by

various sleep habits, and I think that incorporating it into the sleep diary could be very informative.