

# INSOMNIA MANAGEMENT KIT

## Sleep Diary

The Insomnia Management Kit is intended to be used in conjunction with your GP. To access further instructions on the use of this fact sheet and other components of the Insomnia Management Kit, go to 'Sleep problems' on the SA Health website: [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au).

The first step in dealing with a sleep problem is an accurate assessment of its nature, severity and causes. Then a diagnosis can be made and appropriate treatment implemented.

### The Sleep Diary

The Sleep Diary is useful when a more comprehensive assessment is required.

Generally, people include the Sleep Diary as part of their daily routine. The times that are written down need only be estimated.

### How to use the Sleep Diary

Complete the Sleep Diary over seven consecutive days.

#### Just before going to bed each night:

- > Record the day in the box (eg Monday).
- > Draw a line on the graph for any daytime naps.
- > Place a **C** for each cup of tea, coffee or caffeine cola.
- > Place a **A** for each glass of alcoholic drink.
- > Place a **M** when sleep medication is taken.
- > place a down arrow (↓) at the time you intend turning out the lights to go to sleep.

#### When you get out of bed:

- > Record the time you got out of bed with an up arrow (↑).
- > Draw a line on the graph for the time you were asleep.
- > Leave gaps to indicate any period where you believe you were awake.

**This is only an estimate of the time awake. DO NOT clock watch!**

Once completed return to your health professional with the diary for analysis and to receive the recommended management therapy(s).

### Acknowledgements

Professor Leon C. Lack and Dr Helen Wright, School of Psychology, Flinders University assisted with the information in this resource.



## Symptoms / Management Table

This table will guide patients to identify whether they have insomnia symptoms and suggest appropriate management techniques. If they answer **YES** to any of the questions place a tick in the associated box. This process should result in one or more ticks indicating the recommended management technique(s). This simply means a number of factors may be contributing to their sleep problem.

### Insomnia symptoms

If any of the following are present from the clinical consultation or the *Sleep Diary* tick the associated box.

### Management techniques

*Sleep: Facts and hygiene*

plus

<p>Going to bed but not falling asleep for some time (over 30 minutes) and becoming anxious about it.</p>	<input type="checkbox"/>	<input type="checkbox"/> Stimulus Control Therapy <input type="checkbox"/> Relaxation Therapy
<p>Waking for long periods during the night and becoming anxious about being unable to return to sleep.</p>	<input type="checkbox"/>	<input type="checkbox"/> Bedtime Restriction Therapy <input type="checkbox"/> Relaxation Therapy
<p>Spending excessive time in bed and experiencing sleep broken by frequent awakenings.</p>	<input type="checkbox"/>	<input type="checkbox"/> Bedtime Restriction Therapy
<p>Falling asleep early each evening (before 9pm), waking very early and being unable to return to sleep.</p>	<input type="checkbox"/>	<input type="checkbox"/> Bright Light Therapy (evening)
<p>Not falling asleep until the early hours of the morning (after midnight) and then experiencing difficulty rising early each morning, even with an alarm.</p>	<input type="checkbox"/>	<input type="checkbox"/> Bright Light Therapy (morning)

## For more information

Refer to the 'Sleep problems' on the SA Health website, [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au).

Sleep Well, Live Better: 3 Steps to Good Sleep, which is available for purchase online from [www.thehealthbookshop.com](http://www.thehealthbookshop.com).



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Drug and Alcohol Services South Australia  
161 Greenhill Road, Parkside SA 5063

Phone: (08) 8274 3333 [www.sahealth.sa.gov.au/dassa](http://www.sahealth.sa.gov.au/dassa)

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