



MY  
*Menopause*  
SLEEP JOURNAL

The nicest thing for me is sleep. Then  
at least I can dream.

— MARILYN MONROE

# Get Some Sleep

Your bedtime routine should be a quiet and relaxing time. Here are some ideas to you might like to try.

Firstly, switch off all electronic devices the hour before going to sleep.

Next try a simple relaxation exercise or meditation before bed to calm your busy mind and reduce worry, stress or anxiety that might keep you awake.

You might like to read, perhaps with a relaxing drink, or listen to calming music until you start to feel sleepy.

If you lie in bed thinking about important tasks you need to remember to do the next day, try writing these down before going to bed.

**Your bedtime routine  
should be a quiet and  
relaxing time.**

Aim to make your bedtime routine a quiet and relaxing time with these simple but effective ideas. Before you know it, you'll be nodding-off and dreaming.

# Get A Great Sleep

## SCHEDULE

- Cut down on alcohol and caffeine
- Eat well and exercise regularly in the day
- Go outside in nature for at least 30 minutes each day
- Make sure your bedroom is dark
- Avoid napping in the day
- Do something relaxing to help you unwind before bed

## RELAXATION

- Go to bed when you are sleepy
- Only use your bed for sleeping and sex
- If you are unable to sleep after 30 minutes, get up and do something relaxing in a dimly lit room
- Set an alarm to get up at a scheduled time in the morning



## MINDSET

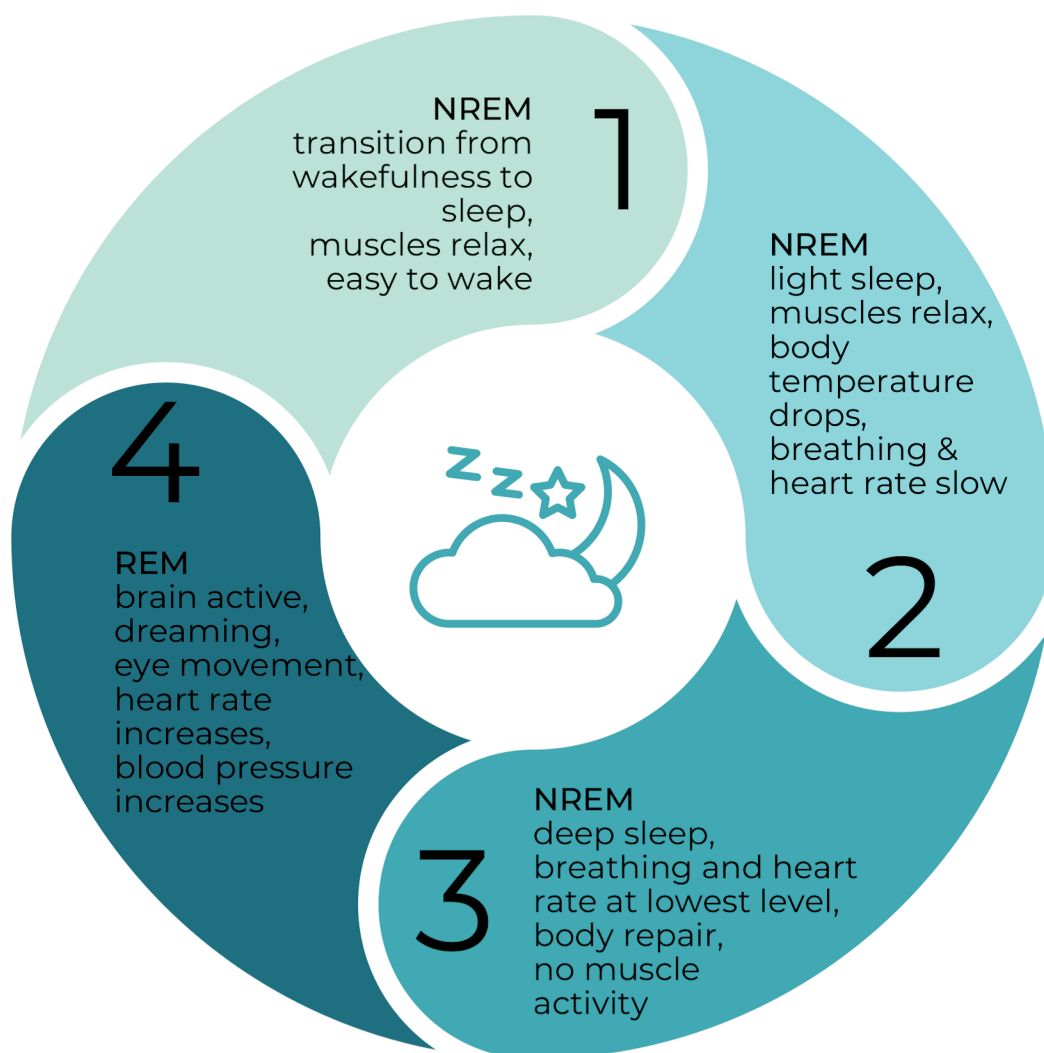
- Be open-minded when making changes to sleep habits
- Check expectations of sleep - are they reasonable?
- Look at lack of sleep as a problem that can be solved
- Don't engage in unhelpful behaviours to cope with lack of sleep

## THOUGHTS

- Empty your mind at the end of the day by journaling
- Reframe negative thoughts about sleeping to positive thoughts
- Use your Sleep Thought Tracker
- If you're lying awake, accept it
- and try not to force sleep.
- Try not to focus on sleeping problem.

# Sleep Cycle

Sleep has four stages which occur in cycles. Each sleep cycle lasts about 90 minutes and is repeated throughout the night. Most deep sleep happens within the first four hours of the night. REM Sleep is the lightest sleep, when the brain is most active and dreaming.



# Improving Sleep

To sleep better you might need to make some changes to your behaviour and daily habits. Use this table to identify areas that you will change to help you become a better sleeper.

Focus area	How I will change this to improve my sleep
Bedroom	
Bedding	
Temperature	
Diet	
Daily exercise	
Alcohol consumption	
Medication/drugs	
Noise	
Bedtime routine	
Thoughts	

# Improving Sleep

To sleep better you might need to make some changes to your behaviour and daily habits. Use this table to identify areas that you will change to help you become a better sleeper.

	MON	TUE	WED	THU	FRI	SAT	SUN
Time I went to bed							
Time I turned out light							
Time it took to fall asleep							
Number of times I woke in the night							
Number of times I got up in the night							
Number of times I went to the toilet							
Time I woke up							
Time I got up							
Total time I slept							
Total time I was awake in the night							
Units of alcohol							
Sleeping pill							
Quality of sleep - marks out of 10							
How rested I feel - marks out of 10							

# Sleep Thoughts Tracker

Use this tracker to record your thoughts and feelings about sleep. When you identify a negative thought, try to reframe it with a more balanced, helpful and accurate way to think about it.

Negative thought about sleep	How this thought makes me feel	A more positive way to think about this	How I feel when I think this way

# Sleep Diary

To become a good sleeper you'll need to learn about your current sleep pattern. To do this you'll use this sleep diary to help you understand your sleep patterns which will help you to improve your sleep. Complete this diary first thing in the morning to track the last night's sleep.

	MON	TUE	WED	THU	FRI	SAT	SUN
Time I went to bed							
Time I turned out light							
Time it took to fall asleep							
Number of times I woke in the night							
Number of times I got up in the night							
Number of times I went to the toilet							
Time I woke up							
Time I got up							
Total time I slept							
Total time I was awake in the night							
Units of alcohol							
Sleeping pill							
Quality of sleep - marks out of 10							
How rested I feel - marks out of 10							







# Sleep Tracker

MONTH:

	PM	20	21	22	23	00	01	02	03	04	05	06	07	08	09	10	AM	11	TOTAL	
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SLEEP NOTES

NOTES