
What Should I Do If I Can't Sleep?

It's important to practice good sleep hygiene, but if your sleep problems persist or if they interfere with how you feel or function during the day, you should seek evaluation and treatment by a physician, preferably one familiar with assessing and treating sleep disorders. Before visiting your physician, keep a diary of your sleep habits for about ten days to discuss at the visit.

Include the following in your sleep diary, when you—

- Go to bed.
- Go to sleep.
- Wake up.
- Get out of bed.
- Take naps.
- Exercise.
- Consume alcohol.
- Consume caffeinated beverages.

Some people find it easier to make a grid and write the times across the top of the paper and the date along the side. For example:

	N=Nap		C=Caffeine		M=medication				Put X in the box for hours you slept															
Date	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am

This is adapted from the Centers for Disease Control. For additional information about Sleep go to http://www.cdc.gov/sleep/about_sleep/index.htm