



# Keeping A Sleep Diary

**Length:** 1hr

**Delivery modes:** Onsite & Virtual Presentations; Pre-recorded tutorials.

**Details:** A sleep diary is a daily log that can highlight the impact of certain lifestyle habits on sleep quality.

Sleep quality is often a result of daily habits. Exercise, nutrition choices, sedentary behavior, caffeine/alcohol consumption, strained mental health, and stress are all conditions that can either improve or impair how well one sleeps. Keeping a diary allows individuals to track how certain habits affect sleep patterns. The diary provides data and insights that can assist individuals when making changes to their sleep hygiene.

This presentation shares a practical tool for improving sleep hygiene; with actionable tips on tracking sleep patterns for enhanced self awareness and improved lifestyle habits. Topics include:

- What are the conditions for a good night's sleep
- Sleep Tracking – Morning Log
- Habit Monitoring – Evening Log
- Developing Self Care Routines
- Creating a Peaceful Sleep Environment

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*