

SLEEP LOG

Frequently Asked Questions



Why is this important?

Think about how well you slept last night. Now, think about how well you slept two nights ago. For people with sleep problems, sleep differs from night to night. In order to understand where you are at in terms of your sleep, we need to get a good sense of your sleep patterns. The information that is gathered in a sleep log identifies targets for the sleep treatment.

Can I really give accurate estimates of my sleep?

This is a common question: People often say that they have trouble remembering precisely all the information needed for the morning diary completion. For example, Robert was concerned that he wasn't "getting the information right" and might not be "remembering correctly." What is important to recognize is that even if Robert's time estimates aren't accurate – if he continues to record information in his sleep log, he could observe changes in his sleep over the course of treatment. The errors that he makes likely stay more or less the same over time, so aren't as important over time. Research actually shows that people are fairly good at reporting their sleep if they do it in the morning – but research also shows that people tend to do a poor job of estimating aspects of their sleep when they complete a sleep log more than a day later. Furthermore, the research highlights that our current mood can heavily impact how we recall our sleep.

Do I have to do the sleep log every day?

This sleep treatment is very swift – you will be going through a lot of changes in the coming weeks, and a large part of success in this treatment can be likened to the phrase, "seeing is believing." As a clinician, I strive to ensure that people who are completing this program learn about themselves, and have records of how their sleep changes over time. Tracking data about your sleep will provide you with the best lens with which to discern which changes help you the most.