

| Week 3: PMP<br>work sheet<br>2 What might<br>have helped | I slept well | I didn't sleep<br>well | I went to bed<br>at ...o'clock | I slept for...<br>hours | I got up at<br>...o'clock | What<br>stimulants<br>did I have? | Did I nap in<br>the day? |                  |
|--|--------------|------------------------|--------------------------------|-------------------------|---------------------------|-----------------------------------|--------------------------|------------------|
|  |              |                        |                                |                         |                           |                                   |                          | <b>Monday</b>    |
|  |              |                        |                                |                         |                           |                                   |                          | <b>Tuesday</b>   |
|  |              |                        |                                |                         |                           |                                   |                          | <b>Wednesday</b> |
|  |              |                        |                                |                         |                           |                                   |                          | <b>Thursday</b>  |
|  |              |                        |                                |                         |                           |                                   |                          | <b>Friday</b>    |
|  |              |                        |                                |                         |                           |                                   |                          | <b>Saturday</b>  |
|  |              |                        |                                |                         |                           |                                   |                          | <b>Sunday</b>    |

**Week 4 : PMP work sheet 2 : Please complete your sleep diary**