
Drinks and Sleep: A 7-Day Diary

Fill in each evening for seven days in a row (Chapter 5). Rate how you felt on waking from 0 (fine) to 5 (awful). Needed a morning drink to feel all right? Read Chapter 10 before you stop.

Day	Drinks, kind, over how long	Last drink	Bedtime	Woke in the night?	Next morning (0-5)
1					
2					
3					
4					
5					
6					
7					

After seven days, look back:

- My threshold: more than ____ drinks and the next morning is almost always bad.
- When my last drink is at least ____ hours before bed, I sleep better.
- The evenings I drink most are usually when: _____