Sleep log

Sleep can take a while to settle when you stop drinking. Logging it helps you notice what improves and gives you something concrete to show your GP if poor sleep carries on.

DATE	BEDTIME	WOKE UP	HOURS (APPROX.)	NIGHT WAKINGS	QUALITY 1–5	CAFFEINE / SCREENS / EXERCISE	NOTES

Gentle habits many people find helpful: a regular wake-up time, daylight in the morning, less caffeine after midday, a wind-down routine. If sleep problems last or you feel very low, talk to your GP. See NHS advice: nhs.uk/every-mind-matters.