

Managing your sleep-wake cycle

If you tick 'YES' to one or more of the boxes below, you may find 'SLEEP-WAKE CYCLE MANAGEMENT' helpful.

For more than TWO WEEKS:

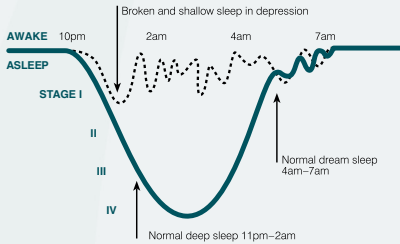
YES NO

- Have you been tired all the time? YES NO
- Have you been spending more time in bed? YES NO
- Have you had poor quality or fewer hours of sleep? YES NO
- Have you been napping during the day? YES NO
- Have you cut down on physical activity? YES NO

Depression usually leads to:

- Difficulty getting to sleep
- Poor quality sleep
- Fewer hours of sleep
- More awakenings during the night
- In severe cases, waking very early in the morning and being unable to get back to sleep, and
- Daytime tiredness.

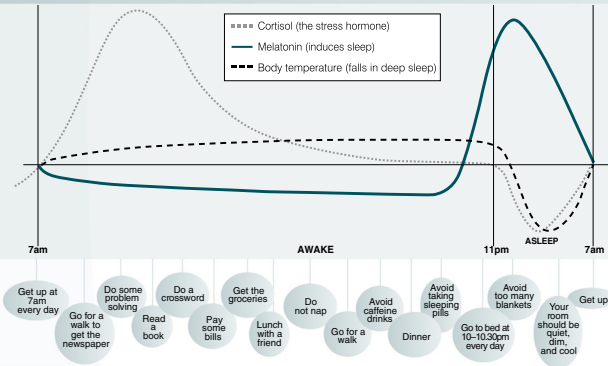
Sleep structure



Poor quality of deep sleep leads to:

- Daytime fatigue
- Poor concentration
- Irritability
- Musculoskeletal aches and pains
- Reduced immune function, and
- Prolonged depression.

The hormonal body clock



Worksheet for activity planning and sleep-wake cycle management

ACTIVITIES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Time of getting up							
MORNING							
7am							
8am							
9am							
10am							
11am							
12 noon							
AFTERNOON							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
EVENING							
7pm							
8pm							
9pm							
10pm							
Time of going to bed							
Number of hours asleep							
Rate your sleep quality on a scale of 0-5 (0=bad, 5=excellent)							
Rate your mood today on a scale of 0-5 (0=bad, 5=excellent)							
Rate how tired you are today on a scale of 0-5 (0=very tired, 5=energetic)							