

Once you have kept a sleep log for a month or so various factors may become clearer.

You will be able to see whether your insomnia is a disruption of the "**sleep-wake rhythm**", with a shift either forwards (late to sleep, late to rise) or backwards (early to bed, early to rise) or indeed, a disruption relating to other factors such as pain, muscle spasms, need to pass water etc.

See the attached sleep and pain logs at the end of this article