

Sleep Australia provides a comprehensive sleep service including home based sleep studies and sleep treatments to cater for all your sleep health needs.

We treat an array of sleep disorders, including Obstructive Sleep Apnoea (OSA) and its impact on issues such as cardiovascular health, mental health and respiratory disorders; insomnia, shift work disorder, among others.

Sleep disorders can be treated in several ways including CPAP therapy, body positional therapy, blue light therapy, nasal EPAP as well as Mandibular Advancement Splints (MAS) via referral to a dentist.

Contact Us

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SLEEP DIARY

Name: _____

Age: _____ Sex: _____ Date: _____

Sufficient sleep is important for your health, well-being and happiness. When you sleep better, you feel better. The Sleep Australia Sleep Diary will help you track your sleep, allowing you to see habits and trends that are helping you sleep or that can be improved.

How to Use the Sleep Australia Sleep Diary

- Our sleep diary only takes a few minutes each day to complete.
- We've given you diary entries for seven days; you may want to make several copies.
- Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep. Is your bedroom a sanctuary for sleep? Or are there too many distractions? Did your nap interfere with a good night's sleep?
- Make incremental changes. Changing one habit at a time can set you on the path to healthy sleep.

