

Completing an Activity, Rest & Sleep Diary

Guidance notes

Activity Diaries can be helpful for several reasons:

- They can help people to develop successful pacing skills.
- They can help people to work out a "baseline" for different activities, so that they can decide how to make progress with these activities.
- They can help people to monitor their sleep patterns, so that they can work out where the problem areas are and make appropriate plans.
- They can help people to monitor their balance of activity and rest.
- An Activity Diary can offer clues about where there might be room for new activities in the day.
- An Activity Diary can set a "benchmark" for someone's activity and rest levels at a given time. If somebody keeps their diary, they can look back at it and spot the areas where progress has been made.

How to Complete an Activity, Rest & Sleep Diary-Chart

1. Look at the Key at the bottom of the diary: it has six boxes, two for sleep (deep sleep (blue) and disturbed sleep (white)), one for rest (green), Three for activity (1. for the activity that make you feel tired, this is called high energy activity (red); 2. For activity that you can do well as it does **not** cause you much exhaustion or tiredness (yellow), this is called low energy activity; and 3. Crash which is an activity or feeling of feeling extremely tired (Light blue) Choose the corresponding color for each of these boxes, and fill it in.

2. Now look at the first line of the diary: it starts at 7 AM on the first day, and each box represents an hour. Use your color to fill in the boxes, showing what you're doing at different times of day.

3. It is possible to fill in only part of the box if an activity lasts for part of an hour.

Complete coloring the rest of the box, depending on what you did next.

4. If your sleep is broken, make a rough estimate of how long you were awake for, and fill in the diary with the color for rest.

5. It is only necessary to complete the diary for one or two weeks depending on what your clinician has instructed.

Completing Daily Activity Diary-Table:

Daily Activity Diaries are useful:

- To assess what type of activity you are engaging in
- To assess how much energy the activity requires for you e.g. high, medium or low
- To assess the frequency of high, medium and low level activity over the course of a day or week
- When considering how to pace your activity over the course of a day or week

How to complete a Daily Activity Diary-Table:

1. All that is necessary is to write the date in the left hand column and then the time you engaged in all activities over the course of the day. All the activities that you do are important. Examples of the activities are: (washing, dressing, reading, watching TV, chores, using a computer, speaking on the telephone, gardening etc.)

2. For each activity you entered in the middle column assess whether that activity was a high, medium or low level activity for you and put the corresponding letter e.g. H-M-L, opposite the entry in the right hand column.

It is worth noting that this is different for each person. For some people with arthritis walking may be a medium level activity and cooking a high level activity. Only you can decide the difficulty of each task.

Reminder: Please remember that rest is doing nothing or deep relaxation. However if you felt doing certain activities is helping you to relax you may consider it also as rest.