**ACTIVITY, REST & SLEEP DIARY – demonstrating a BOOM & BUST pattern of activity**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week beginning: \_\_\_­­­­\_\_\_­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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|  | **Morning (am)** | **Afternoon and Evening (pm)** | **Day Score****1-10** |
| **12** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |
| **Mon** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Tues** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Wed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Thurs** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Fri** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Sat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Sun** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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**Key: High Activity** ⬜ **Low Activity** ⬜  **Rest** ⬜ **Sleep** ⬜ **Restless sleep** ⬜

**Key:** **High Activity: drains energy quickly**

 **Low Activity: drains energy more slowly**

 **Rest: resting your mind and body**

 **Sleep: sleeping soundly**

 **Restless sleep: is the intention to sleep but maybe disturbed by pain, thoughts, noise**

**Score: Complete the score at the end of each day. 1 (worst day) – 10 (best day)**

**This diary shows a pattern of BOOM & BUST. The start of the week shows long bouts of HIGH activity, followed by LOW activity and SLEEP. As the week progresses “payback” sets in and the person is less and less able to carry out activities, until at the weekend they have to SLEEP most of the time. There is no sleep pattern, getting up time is getting later and later. Daytime sleep maybe the cause of this activity pattern and RESTLESS SLEEP. If this pattern continues symptoms are likely to worsen and the condition will be prolonged. This person can use the total amount of HIGH activity achieved (28 hours to set the baseline for pacing of 4 hours of HIGH activity per day (see PACED Activity Diary).**