

Patient information

Activity Diary

Completing an Activity, Rest & Sleep Diary

The Activity, Rest & Sleep Diary helps us to recognise what you are currently able to do, how much sleep you are having, and when you are sleeping. This helps us to identify the areas for change in your daily activity and sleep patterns. It allows us to find your “baseline” level of activity. The diary can also help with the pacing of your activities as you make progress with your CFS/ME.

How to complete your Activity, Rest & Sleep Diary/Chart

The diary starts at midnight on the first day and each box represents an hour. At the bottom of the diary there are four colour coded boxes, one for sleep, rest, high energy activity and one for low energy activity.

Fill in each hourly box to correspond with your activity, rest and sleep throughout each day. Fill in part of the box if an activity lasts for less than an hour. Complete the rest of the box with the colour corresponding to what you did. If your sleep is broken, make a rough estimate of how long you were awake for.

We would like you to complete this diary for 2 weeks. We will then review it together and work out your baseline and commence your journey to recovery.

How your baseline is calculated using your Activity/Rest/Sleep Diary

At the end of the two weeks, we will add up all the individual colour coded boxes divide this number by 14 (the number of days you recorded in the diary)

This will give us the number of hours that you are able to participate in low energy activity, high energy activity, rest and sleep for each day. This is your **Baseline Energy Level**.





Once the baseline is set you need to try and maintain this level of activity for 2 weeks before increasing your baseline.

If this is too much and are not able to cope with maintaining this baseline, then decrease the amount of high-level or low-level activity you are participating in. It is important to remember that if you are spending a limited number of hours per day engaged in activity and sleep the remaining time should be spent resting or in deep relaxation.

To aid your recovery the aim is to have NO blue (sleep) blocks during the day, there should be the same amount of red (high energy) each day and this should be in small blocks, there should be regular rests (green) throughout the day.

Week	Morning/AM												Afternoon/Evening/PM											
/ /	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								
Week	Morning/AM												Afternoon/Evening/PM											
/ /	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	1
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

This key shows you which colours to use for each level of activity.

High Energy Activity  Low Energy Activity  Rest/Chill out time 
Sleep 

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