

## Fall 2016 Health Behavior Diary Template

### One Week Health Behavior Change Diary (Sunday to Saturday Week)

**Due Date:** 11/1/2016

**Week of:** 10/23-10/29

**Name:** Maria Chappa

**Health Behavior(s):** No cell phone use after 8:00pm

**Date submitted:** 11/1/2016

CATEGORY			POINTS	SCORE
Used Template	Clarity of Thought	Coherence in organization	2	
Grammar 4 pages	Punctuation Handbook Compliant	Spelling		
Statement of Intent  (Why this particular behavior)			2	
Daily log of your thoughts and actions during the week  (There should be an entry for each day)			14	
Evaluate your health behavior change experience			3	
What Did You Learn From This Experience?			3	
Rate your future success with your behavior change			1	
<b>SUBTOTAL</b>			<b>25</b>	
LATE/INCOMPLETE (- 20% of total points)			(-20%)	
Missing grading grid			(-3)	
<b>FINAL TOTAL POINTS</b>			<b>25</b>	

## Health Behavior Diary

**Selected Behavior:** No cell phone use after 8:00pm

### Statement of Intent

The health behavior I decided to change is going on my phone before bed. I chose this behavior because I have heard a lot of negative things about using your phone close to your bed time. One of the main negative connotations behind using your phone before bed is that it makes it harder for you to fall asleep. Although I do get a full 8 hours of sleep, I often still feel tired when I wake up. I think I do not wake up feeling refreshed because of my cell phone use before bed and because I have been very stressed out lately. After hearing all the talk behind phone use before bed and a good night sleep, I wanted to find out if this is actually true. In order to do so, I decided to stop all phone use before 8:00pm each night for the entire week. I usually go to bed around 9-930pm so this would give me about an hour before bed without any phone use. I expect this to be hard because I am so used to checking my phone throughout the night before falling asleep. I am also expecting to be able to fall asleep easier and get a better night's sleep.

I found an article on this topic that I thought was very interesting. The article was from HuffintonPost.com. The author talked about how doctors have many tests about using a device before sleep. Researchers found that people who use devices have shorter REM cycles. They also found that using a device before bed can reduce that amount of melatonin you secrete. This reduces your ability to regulate your sleep. I found this article very interesting because many people still use devices before sleep, including myself.

**Article:** [http://www.huffingtonpost.com/2014/12/23/reading-before-bed\\_n\\_6372828.html](http://www.huffingtonpost.com/2014/12/23/reading-before-bed_n_6372828.html)

**One-week Daily Log**

<b>Day 1</b>	<b>Sunday</b>	<b>Date: 10/23/2016</b>
<p>Last night was my first night of no cell phone use after 8pm. As expected it was hard to remind myself not to use my phone. Around 8:10 I went to go check my phone and remembered that I could not look at it. I also made sure to set my alarm for the morning before 8pm, so I would not be tempted to go back on it. I did not notice a major change in how fast or easily I fell asleep, but I felt more relaxed before bed. A change I did notice is that I felt a little more refreshed in the morning.</p>		
<b>Day 2</b>	<b>Monday</b>	<b>Date: 10/24/2016</b>
<p>Last night was my second night of eliminating cell phone use before bed. Unlike last night, I did end up using my phone after 8pm. Last night I went to my high school's last home field hockey game. I needed to use my phone to let my parents know what time I was coming home. I also used my phone to take videos and to pictures of the players. I also had to used my phone when I got home to set my alarm for the next day. In the morning I felt disappointed in myself, but I needed to use my phone last night. Hopefully, tonight I will stay off of it completely.</p>		
<b>Day 3</b>	<b>Tuesday</b>	<b>Date: 10/25/2016</b>
<p>Last night was my third night of no cell phone use. Last night I did not feel the urge to use my phone as much as the first night. I was able to stay off of it completely past 8pm. I did notice that falling asleep was a little bit easier than usual. I felt like my mid had time to wind down before I fell asleep. I am hoping the trend continues because it was nice being able to fall right asleep. I also felt slightly more refreshed when I woke up, but I am thinking it's because I fell asleep earlier than I did last night.</p>		
<b>Day 4</b>	<b>Wednesday</b>	<b>Date: 10/26/2016</b>
<p>Last night was my fourth night of no cell phone use. For the most part, I had no trouble staying off of it. There were about two times I went to check it, before plugging it in, by I was able to refrain from using it. Once again, I found it easier to fall asleep. Not using my phone before sleeping has made it easier for my mind to power down and to feel relaxed before bed. This morning I noticed I felt more refreshed than usual. I found this very significant because this morning I woke up about 15 minutes earlier than I usually do.</p>		
<b>Day 5</b>	<b>Thursday</b>	<b>Date: 10/27/2016</b>
<p>Last night was my fifth night of no phone use and it was the easiest yet. I felt no urge to use my phone after 8pm. I made sure to set my alarm before 8pm and left it alone all night. Falling asleep was very easy and I felt completely at ease. I woke up this morning</p>		

**This Health Behavior Diary Template is copyrighted © 2009-2016**  
**<http://www.bettycjung.net>**

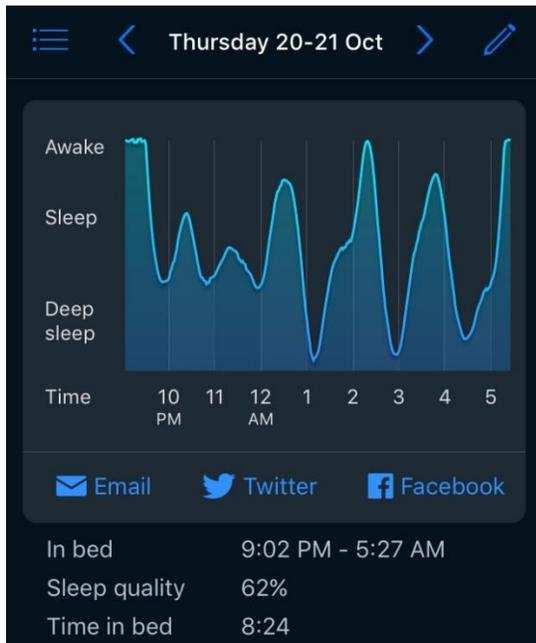
feeling very refreshed. I am starting to think everything negative I have heard about phone use before bed is true.		
<b>Day 6</b>	<b>Friday</b>	<b>Date:</b> 10/28/2016
Last night was my sixth night of no cell phone use. Once again, I found it very easy to stay off of my phone. This morning, I felt very refreshed when I woke up. I also noticed that I did not feel as inclined to check my phone after eating breakfast. Usually, after eating breakfast I will go on my phone to check the weather and make sure I didn't miss any text messages. Today, I waited to use my phone until I was completely ready to leave for school. I think this may be because I did not feel as attached to my phone before bed time.		
<b>Day 7</b>	<b>Saturday</b>	<b>Date:</b> 10/29/2016
Last night was my final night of no cell phone use after 8pm. Before falling asleep, I did not even think about using my phone. I actually plugged it in after dinner and forgot about it. The only time I went back on it was to set my alarm for the morning. One thing I did notice is that I did not feel as refreshed as last night. I think this may be because I went to bed later. I also think this could be because I was worried about a test I had the next day in one of my classes.		

### Health Behavior Change Experience Evaluation Grid

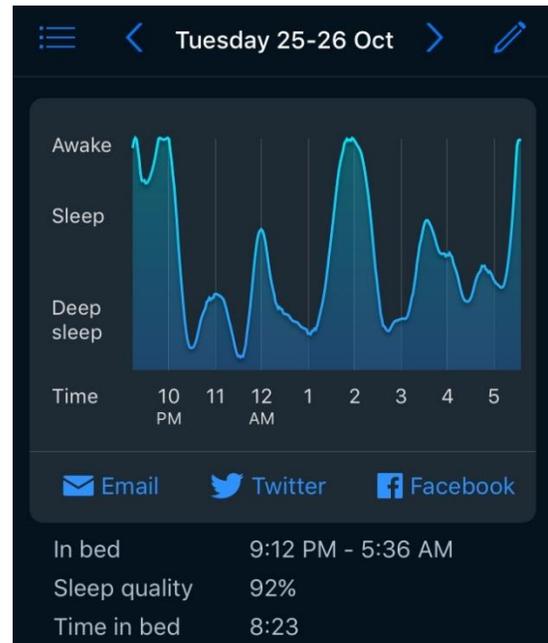
Q	Statement	Disagree ←→ Agree				
1	Being a required assignment help making the change easier	1	2	3	4	5
2	Maintaining the change got easier as time went on	1	2	3	4	5
3	Maintaining the change got harder as time went on	1	2	3	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	3	4	5
5	I wasn't sure if I could maintain the change for a whole week	1	2	3	4	5
6	I was confident, as the week went on, that I can maintain the change	1	2	3	4	5
7	After making and maintaining the change for one week I know I can make this a permanent change	1	2	3	4	5
8	The change will be beneficial for my health in the long run	1	2	3	4	5
9	Based on my experience with this behavior change I know I can make other changes in my life to improve my health	1	2	3	4	5

### What Did You Learn from This Experience?

I found this experience very helpful. This experience has confirmed everything I thought about using my phone before falling asleep. Also, I use a sleep tracer at night and found out that my REM cycles and sleep quality increased from not using my phone before bed. I found this very interesting, especially because the article I mentioned above said the same thing.



**Cell Phone Use Before Bed**



**No Cell Phone Use After 8pm**

In the beginning, it was hard for me to break the habit of reaching over to grab my phone. After the third night, I found it much easier to resist the urge. I definitely think this is something I will continue to do. I found it easier to fall asleep and most mornings I felt refreshed when I woke up. After this experience, I will be strongly recommending to my family and friends to stay off of their phone at night time. I think this is something that everyone does and needs to work on. I rated my chances of continuing this health change at 85%. I gave myself an 85% because there are times that I need to use my phone after 8pm or before bed. For instance, if I am out somewhere and need to be able to contact someone. Also, sometimes I forget to set my alarm earlier and have to set it right before I fall asleep. Otherwise, I think the chances of me successfully continuing this healthy behavior are very good.

### **Rate Your Future Success with Your Health Behavior Change**

85 %
------