### Sleep Diary for the week of: ____________________  

**Bedtime:** ____________________  
**Rise Time:** ____________________

<table>
<thead>
<tr>
<th>DAY of the WEEK</th>
<th>Which night is being reported on?</th>
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<tbody>
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1. **I went to bed at** *(clock time):*  
2. **I turned out the lights after** *(minutes):*  
3. **I fell asleep in** *(minutes):*  
4. **I woke up ___ time(s) during the night.**  
   *(number of awakenings):*  
5. **The total duration of these awakenings was** *(minutes):*  
6. **After awakening for the last time, I was in bed for** *(minutes):*  
7. **I got up at** *(clock time):*  

**The quality of my sleep was:**  
1=very poor; 10=excellent

**Naps**  
*Number, time and duration*

**Alcohol**  
*Time, amount, type*

**Sleep Medication**  
*Time, amount, type*

**Notes:**