

Sleep Diary for the week of: _____

Bedtime: _____ Rise Time: _____

DAY of the WEEK <i>Which night is being reported on?</i>							
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Sleep timing

1. I went to bed at <i>(clock time):</i>							
2. I turned out the lights after <i>(minutes):</i>							
3. I fell asleep in <i>(minutes):</i>							
4. I woke up ___ time(s) during the night. <i>(number of awakenings):</i>							
5. The total duration of these awakenings was <i>(minutes):</i>							
6. After awakening for the last time, I was in bed for <i>(minutes):</i>							
7. I got up at <i>(clock time):</i>							

Sleep quality

The quality of my sleep was: <i>1=very poor; 10=excellent</i>							
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Naps <i>Number, time and duration</i>							
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Alcohol <i>Time, amount, type</i>							
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Sleep Medication <i>Time, amount, type</i>							
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Notes:							
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