

Sleep Diary

Complete this part at bedtime:

Complete these questions when you wake up during the night and in the morning:

Fill in date under each day	Today, I napped FROM: TO: (times)	I am going to bed AT: (time)	I fell asleep IN: (mins)	I awoke AT: (times)	And stayed awake FOR: (mins)	I awoke for the last time AT: (time)	I slept a total OF: (hours)	As I get up this morning, I feel: -2 = Exhausted +2 = Refreshed	Overall, my sleep was: -2 = Very Restless +2 = Very Sound	Overall, my sleep quality was: -2 = Much worse than usual +2 = Much better than usual
Monday _____				----- ----- ----- -----	----- ----- ----- -----			-2 -1 0 +1 +2 Comments: _____ _____	-2 -1 0 +1 +2	-2 -1 0 +1 +2
Tuesday _____				----- ----- ----- -----	----- ----- ----- -----			-2 -1 0 +1 +2 Comments: _____ _____	-2 -1 0 +1 +2	-2 -1 0 +1 +2
Wednesday _____				----- ----- ----- -----	----- ----- ----- -----			-2 -1 0 +1 +2 Comments: _____ _____	-2 -1 0 +1 +2	-2 -1 0 +1 +2
Thursday _____				----- ----- ----- -----	----- ----- ----- -----			-2 -1 0 +1 +2 Comments: _____ _____	-2 -1 0 +1 +2	-2 -1 0 +1 +2
Friday _____				----- ----- ----- -----	----- ----- ----- -----			-2 -1 0 +1 +2 Comments: _____ _____	-2 -1 0 +1 +2	-2 -1 0 +1 +2
Saturday _____				----- ----- ----- -----	----- ----- ----- -----			-2 -1 0 +1 +2 Comments: _____ _____	-2 -1 0 +1 +2	-2 -1 0 +1 +2
Sunday _____				----- ----- ----- -----	----- ----- ----- -----			-2 -1 0 +1 +2 Comments: _____ _____	-2 -1 0 +1 +2	-2 -1 0 +1 +2