SLEEP DIARY

COMPLETE IN THE MORNING	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time you went to bed last night	10:00 PM							
What pre-sleep routine you followed	Read for 30 minutes							
How long it took you to fall asleep	30 minutes							
Time you got up this morning	7:00 AM							
How many times you woke up	4 times							
Total amount you were awake	2hrs							
Total amount of time you slept	6 ½ hrs							
Stresses that affected you before sleep or during the night	Job interview, noisy neighbors							
What did you eat or drink during the night	1 glass of water							
Rate (see scale below) & describe overall mood in the morning	2, somewhat refreshed							
COMPLETE IN THE EVENING								
Total time you spent napping (note times)	45 mins; 1-1:45 PM							
How much caffeine you consumed (note times)	2 Mt. Dew; 1 & 5 PM							
How much alcohol you consumed (note times)	1 martini; 9 PM							
What time did you exercise, and for how long	6 PM for 1 hr							
Medications you took during the day and night (note times)	2 asprin 9 PM							
Stress that affected you during the day	Flat tire, bad job interview							
Rate (see scale below) & describe overall mood during the day	2, felt tired, no energy							

1 = EXCELLENT | 2 = VERY GOOD | 3 = AVERAGE | 4 = POOR | 5 = VERY POOR

SLEEP DIARY

COMPLETE IN THE MORNING	Example	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Time you went to bed last night	10:00 PM							
What pre-sleep routine you followed	Read for 30 minutes							
How long it took you to fall asleep	30 minutes							
Time you got up this morning	7:00 AM							
How many times you woke up	4 times							
Total amount you were awake	2hrs							
Total amount of time you slept	6 ½ hrs							
Stresses that affected you before sleep or during the night	Job interview, noisy neighbors							
What did you eat or drink during the night	1 glass of water							
Rate (see scale below) & describe overall mood in the morning	2, somewhat refreshed							
COMPLETE IN THE EVENING								
Total time you spent napping (note times)	45 mins; 1-1:45 PM							
How much caffeine you consumed (note times)	2 Mt. Dew; 1 & 5 PM							
How much alcohol you consumed (note times)	1 martini; 9 PM							
What time did you exercise, and for how long	6 PM for 1 hr							
Medications you took during the day and night (note times)	2 asprin 9 PM							
Stress that affected you during the day	Flat tire, bad job interview							
Rate (see scale below) & describe overall mood during the day	2, felt tired, no energy							

1 = EXCELLENT | 2 = VERY GOOD | 3 = AVERAGE | 4 = POOR | 5 = VERY POOR