

Sleep Diary for the week of: _____

Bedtime: _____ Rise Time: _____

Sleep timing	DAY of the WEEK <i>Which night is being reported on?</i>						
	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>						
Naps <i>Number, time and duration</i>							
Alcohol <i>Time, amount, type</i>							
Sleep Medication <i>Time, amount, type</i>							
Notes:							