

Sleep Diary

SLEEP DIARY	EXAMPLE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
COMPLETE IN THE MORNING								
What time did you go to bed last night?	10:00 pm							
What pre-sleep routine did you follow?	Read for 30 mins							
How long did it take you to fall asleep?	30 mins							
What time did you get up this morning?	7:00 AM							
How many times did you wake up during the night?	4 times							
What is the total amount of time you were awake during the night?	2 hours							
What is the total amount of time you slept during the night?	6 1/2 hours							
What stresses 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 your overall mood this morning.	4, somewhat refreshed							
COMPLETE IN THE EVENING								
How much total time did you nap? (Note times)	45 mins (1-1:45pm)							
How much caffeine did you consume? (note times)	1 coffee (9am), 2 cokes (1pm + 5pm)							
How much alcohol did you consume? (note times)	1 martini (9pm)							
What time did you exercise and for how long?	6pm for 1 hour							
What medications did you take today and tonight? (note times)	2 aspirin (9pm)							
What stresses 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

Other Sleep Concerns / Notes: _____

