

# SLEEP DIARY FOR \_\_\_\_\_

## DAY 1

DAY \_\_\_\_\_

DATE \_\_\_\_\_

### COMPLETE IN MORNING

- ▶ **I went to bed last night at:**  
\_PM/AM
- ▶ **I got out of bed this morning at:**  
\_PM/AM
- ▶ **Last night I fell asleep in:**  
\_Minutes
- ▶ **I woke up during the night:**  
\_Times
- ▶ **When I woke for the day I felt:**  
\_Refreshed  
\_Somewhat Refreshed  
\_Fatigued
- ▶ **Last night I slept a total of:**  
\_Hours
- ▶ **My sleep was disturbed by:** (list reasons)

### COMPLETE AT END OF DAY

- ▶ **I had caffeinated drinks in:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
- ▶ **I exercised at least 20 minutes in the:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
- ▶ **Approximately 2-3 hours before going to bed, I consumed:**  
\_ Alcohol  
\_ A heavy meal  
\_ Not applicable
- ▶ **Medications I took during the day:**
- ▶ **About 1 hour before bed I did the following:**

**DAY 2**

DAY \_\_\_\_\_

DATE \_\_\_\_\_

**COMPLETE IN MORNING**

- ▶ **I went to bed last night at:**  
\_PM/AM
- ▶ **I got out of bed this morning at:**  
\_PM/AM
- ▶ **Last night I fell asleep in:**  
\_Minutes
- ▶ **I woke up during the night:**  
\_Times
- ▶ **When I woke for the day I felt:**  
\_Refreshed  
\_Somewhat Refreshed  
\_Fatigued
- ▶ **Last night I slept a total of:**  
\_Hours
- ▶ **My sleep was disturbed by:** (list reasons)

**COMPLETE AT END OF DAY**

- ▶ **I had caffeinated drinks in:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
- ▶ **I exercised at least 20 minutes in the:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
- ▶ **Approximately 2-3 hours before going to bed, I consumed:**  
\_ Alcohol  
\_ A heavy meal  
\_ Not applicable
- ▶ **Medications I took during the day:**
- ▶ **About 1 hour before bed I did the following:**

**DAY 3**

DAY \_\_\_\_\_

DATE \_\_\_\_\_

**COMPLETE IN MORNING**

- ▶ **I went to bed last night at:**  
\_PM/AM
  
- ▶ **I got out of bed this morning at:**  
\_PM/AM
  
- ▶ **Last night I fell asleep in:**  
\_Minutes
  
- ▶ **I woke up during the night:**  
\_Times
  
- ▶ **When I woke for the day I felt:**  
\_Refreshed  
\_Somewhat Refreshed  
\_Fatigued
  
- ▶ **Last night I slept a total of:**  
\_Hours
  
- ▶ **My sleep was disturbed by:** (list reasons)

**COMPLETE AT END OF DAY**

- ▶ **I had caffeinated drinks in:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **I exercised at least 20 minutes in the:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **Approximately 2-3 hours before going to bed, I consumed:**  
\_ Alcohol  
\_ A heavy meal  
\_ Not applicable
  
- ▶ **Medications I took during the day:**
  
  
- ▶ **About 1 hour before bed I did the following:**

**DAY 4**

DAY \_\_\_\_\_

DATE \_\_\_\_\_

**COMPLETE IN MORNING**

- ▶ **I went to bed last night at:**  
\_PM/AM
  
- ▶ **I got out of bed this morning at:**  
\_PM/AM
  
- ▶ **Last night I fell asleep in:**  
\_Minutes
  
- ▶ **I woke up during the night:**  
\_Times
  
- ▶ **When I woke for the day I felt:**  
\_Refreshed  
\_Somewhat Refreshed  
\_Fatigued
  
- ▶ **Last night I slept a total of:**  
\_Hours
  
- ▶ **My sleep was disturbed by:** (list reasons)

**COMPLETE AT END OF DAY**

- ▶ **I had caffeinated drinks in:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **I exercised at least 20 minutes in the:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **Approximately 2-3 hours before going to bed, I consumed:**  
\_ Alcohol  
\_ A heavy meal  
\_ Not applicable
  
- ▶ **Medications I took during the day:**
  
  
- ▶ **About 1 hour before bed I did the following:**

**DAY 5**

DAY \_\_\_\_\_

DATE \_\_\_\_\_

**COMPLETE IN MORNING**

- ▶ **I went to bed last night at:**  
\_PM/AM
  
- ▶ **I got out of bed this morning at:**  
\_PM/AM
  
- ▶ **Last night I fell asleep in:**  
\_Minutes
  
- ▶ **I woke up during the night:**  
\_Times
  
- ▶ **When I woke for the day I felt:**  
\_Refreshed  
\_Somewhat Refreshed  
\_Fatigued
  
- ▶ **Last night I slept a total of:**  
\_Hours
  
- ▶ **My sleep was disturbed by:** (list reasons)

**COMPLETE AT END OF DAY**

- ▶ **I had caffeinated drinks in:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **I exercised at least 20 minutes in the:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **Approximately 2-3 hours before going to bed, I consumed:**  
\_ Alcohol  
\_ A heavy meal  
\_ Not applicable
  
- ▶ **Medications I took during the day:**
  
  
- ▶ **About 1 hour before bed I did the following:**

**DAY 6**

DAY \_\_\_\_\_

DATE \_\_\_\_\_

**COMPLETE IN MORNING**

- ▶ **I went to bed last night at:**  
\_PM/AM
  
- ▶ **I got out of bed this morning at:**  
\_PM/AM
  
- ▶ **Last night I fell asleep in:**  
\_Minutes
  
- ▶ **I woke up during the night:**  
\_Times
  
- ▶ **When I woke for the day I felt:**  
\_Refreshed  
\_Somewhat Refreshed  
\_Fatigued
  
- ▶ **Last night I slept a total of:**  
\_Hours
  
- ▶ **My sleep was disturbed by:** (list reasons)

**COMPLETE AT END OF DAY**

- ▶ **I had caffeinated drinks in:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **I exercised at least 20 minutes in the:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **Approximately 2-3 hours before going to bed, I consumed:**  
\_ Alcohol  
\_ A heavy meal  
\_ Not applicable
  
- ▶ **Medications I took during the day:**
  
  
- ▶ **About 1 hour before bed I did the following:**

**DAY 7**

DAY \_\_\_\_\_

DATE \_\_\_\_\_

**COMPLETE IN MORNING**

- ▶ **I went to bed last night at:**  
\_PM/AM
  
- ▶ **I got out of bed this morning at:**  
\_PM/AM
  
- ▶ **Last night I fell asleep in:**  
\_Minutes
  
- ▶ **I woke up during the night:**  
\_Times
  
- ▶ **When I woke for the day I felt:**  
\_Refreshed  
\_Somewhat Refreshed  
\_Fatigued
  
- ▶ **Last night I slept a total of:**  
\_Hours
  
- ▶ **My sleep was disturbed by:** (list reasons)

**COMPLETE AT END OF DAY**

- ▶ **I had caffeinated drinks in:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **I exercised at least 20 minutes in the:**  
\_ Morning  
\_ Afternoon  
\_ Within several hours before going to bed  
\_ Not applicable
  
- ▶ **Approximately 2-3 hours before going to bed, I consumed:**  
\_ Alcohol  
\_ A heavy meal  
\_ Not applicable
  
- ▶ **Medications I took during the day:**
  
  
- ▶ **About 1 hour before bed I did the following:**

