

**Sleep Diary for the week of:** \_\_\_\_\_

<b>DAY of the WEEK</b> <i>Which night is being reported on?</i>							
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**Sleep timing**

<b>1. I went to bed at</b> <i>(clock time):</i>							
<b>2. I turned out the lights after</b> <i>(minutes):</i>							
<b>3. I fell asleep in</b> <i>(minutes):</i>							
<b>4. I woke up ___ time(s) during the night.</b> <i>(number of awakenings):</i>							
<b>5. The total duration of these awakenings was</b> <i>(minutes):</i>							
<b>6. After awakening for the last time, I was in bed for</b> <i>(minutes):</i>							
<b>7. I got up at</b> <i>(clock time):</i>							

**Sleep quality**

<b>The quality of my sleep was:</b> <i>1=very poor; 10=excellent</i>							
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<b>Naps</b> <i>Number, time and duration</i>							
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<b>Alcohol</b> <i>Time, amount, type</i>							
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<b>Sleep Medication</b> <i>Time, amount, type</i>							
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<b>Notes:</b>							
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