

SLEEP EFFICIENCY CALCULATION SHEET

A self-calculating electronic form is available at www.sinkintosleep.com.

Calculating Your Sleep Efficiency

SLEEP TIMING	Representative Night	Date:		
	<p>1. I went to bed at: _____ <i>(clock time)</i></p> <p>2. I turned out the lights after: _____ <i>(minutes)</i></p> <p>3. I fell asleep in: _____ <i>(minutes)</i></p> <p>4. I woke up _____ time(s) during the night.</p> <p>5. The total duration of these awakenings was: _____ <i>(minutes)</i></p> <p>6. After awakening for the last time, I was in bed for: _____ <i>(minutes)</i></p> <p>7. I got up at: _____ <i>(clock time)</i></p>			
	Calculations	<p>A Total Time in Bed Time between your bedtime (#1) and rise time (#7). Convert hours to minutes by multiplying by 60' _____ <i>(minutes)</i></p>	<p>B Total Awake Time Add the numbers above in this column. _____ <i>(minutes)</i></p>	<p>C Total Sleep Time A minus B _____ <i>(minutes)</i></p>
		<p>D Sleep Efficiency $C/A \times 100\%$ My sleep efficiency is _____ %</p>		
	<p><small>For example, if you were in bed for 8 hours and 20 minutes, this is the same as $8 \times 60 + 20$ minutes = 500 minutes.</small></p>			