# Sleep diary

Fill out your sleep diary when you have gotten up in the morning. Do not look at the time or write your diary during the night as times and numbers do not need to be exact. Write on today’s day; if you wake up on a Monday, your entry goes in the Monday column.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week: Monday \_\_/\_\_ until Sunday \_\_/\_\_ | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Yesterday, I took a nap in the day (cross the box if you did). |  |  |  |  |  |  |  |
| Yesterday, I felt and functioned (1 = very unsatisfactory; 5 = very satisfactorily). |  |  |  |  |  |  |  |
| Yesterday, I went to bed at \_\_.  |  |  |  |  |  |  |  |
| I turned the light out at \_\_. |  |  |  |  |  |  |  |
| After I had turned the light out, I fell asleep in \_\_ minutes. |  |  |  |  |  |  |  |
| I woke up \_\_ times during the night. |  |  |  |  |  |  |  |
| This morning, I woke up at \_\_. |  |  |  |  |  |  |  |
| This morning, I got up at \_\_. |  |  |  |  |  |  |  |