

Sleep Diary (Sleep Diary.doc)

Adapted from *Your Guide to Healthy Sleep* found at http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf on 8/18/2008

Name:		Example ↗	↓ INSTRUCTIONS						
Complete in the Morning	Today's date	Monday 3/10/08	*Especially note times you wake feeling fully rested (without an alarm) or you wake due to internal discomfort (i.e. bathroom, thirsty, felt hot/cold, muscle/joint pain, sick)						
	Time I went to bed	11:30 p.m.							
	Time I woke up- (<u>underline or circle if you woke without an alarm</u>)	7:30 a.m.							
	How long it took to fall asleep last night	15 min.							
	Number of awakenings	2							
	Time/s I woke up in the middle of sleep* (see Instructions to right)	1:15 a.m. 5:55 a.m.							
	Reason/s I woke in the middle of sleep: bathroom, thirsty, noise, felt hot/cold, sick, muscle/joint pain	Bathroom Felt cold							
	How long it took to fall back to sleep after waking early	10 min. 20 min.							
	How awake did I feel when I woke up this morning (comments?): 1 — Wide awake; 2 — A little tired 3 — Very sleepy	2 (snoozed alarm twice)	Complete the section below on the day you receive this sleep diary. Start tracking actual sleep data the next day. START HERE ↓↓↓↓↓↓↓						
Medications taken last night	None								
Complete in the Evening	Caffeinated drinks (tea, coffee, soda, energy drinks) and time/s taken	1 tea at 3:45 p.m.							
	Number and type of alcoholic drinks (beer, wine, liquor) and time/s started and stopped	1 beer at 9:00 to 9:30 p.m.							
	Nap time/s and duration/s today	2:15 p.m. 20 minutes							
	Exercise time/s and duration/s today	Walk 45 min at 4:15 p.m.							
	How alert did you feel during the day today (comments?): 1 — Alert all or most of the day 2 — Alert about ½ the day 3 — Struggled to stay awake	1.5 (got tired around 2:00 but felt better after nap)							

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