Sleep Diary

Use the chart below to record your sleep over the next week. Use this down arrow \downarrow to mark what time you <u>get into bed</u> and this up arrow \uparrow to mark when you <u>get out of the bed</u> to begin your day. Mark all blocks of sleep during the night and day (naps) by shading in the appropriate boxes. Shade in the middle of the hour if you fall asleep or wake up on the half-hour. <u>Complete your sleep diary first thing in the morning</u> and remember to rate your sleep quality and feelings of restfulness. Here is an example:

	Eve	ning/	Nigh	t									Mori	ning/D	ay											
Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
				↓										↑												
				•														\	Nake		To Fall		Hours		Hours	% SE
My sleep was 5	(0 ver	у рос	or - 1	0 very	good	d)		This m	ornin	g I fel	t <u> </u>	<u>}</u>	(0 exh	austed	1 - 10	refre	shed)		ups		Asleep)	Asleep)	in Bed	<i>,</i>
																			2		120		5		10	50%

This Diary is for the week of ______ to _____.

%SE

These are for	you i		IIIhie	ele.																					_	
	Eve	ning/	Nigh	t			_						Mor	ning/	'Day	_						_				
Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
My sleep was		_(0 ve	ery p	oor - 1	10 ver	y goo	od)	This	morni	ing I fe	elt		(0 exh	auste	ed - 1	0 refr	eshec	1)	Wa up	-	_	Fall eep		ours leep	Hours in Bed	% SE

	Eve	ning/	Nigh	t									Mor	ning/	/Day											
Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
My sleep was		(0 ve	ery p	oor - 1	10 ver	y goo	od)	This ı	morni	ing I f	elt		0 exh	auste	ed - 10	0 refr	eshec	1)	Wa uj	-	_	Fall eep		ours leep	Hours in Bed	% SE
							-			-			-					-								

			Night										Mori	ning/	Day											
Date 6	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
My sleep was		(0 ve	ry po	or - 1	L0 ver	y goo	od)	This r	norni	ng I f	elt		0 exh	auste	ed - 1() refr	eshed)	Wa up	-	To l Asle	Fall eep	_	ours leep	Hours in Bed	%

Wake-ups = after you fell asleep, the number of times in the night that you woke up; To Fall Asleep = How many minutes did it take to fall asleep; Hours Asleep = adding up all the hours of sleep in the night; Hours in Bed = how many total hours in the bed;

% SE (Sleep Efficiency) = is the Hours Asleep divided by the Hours in bed = X 100 =

Those are for you to complete

Sleep Diary

Wake- To Fall Hours % Si		Eve	ning/	'Nigh	t									Mor	ning/	'Day										
	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	
	My sleep was		_(0 v	ery p	oor - 1	10 vei	ry goo	od)	This	morni	ing I f	elt		(0 exh	auste	ed - 10	0 refr	eshec	1)		-	_				 % SI

	Eve	ning/	'Nigh	t									Mor	ning,	′Day											
Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
My sleep was		_(0 v	ery p	oor - 1	10 ver	y goo	od)	This	morni	ing I f	elt		(0 exh	auste	ed - 10	0 refr	eshec	: ;)	Wa u	-	To l Asle			ours leep	Hours in Bed	% SE
										•																

	Eve	ning/	Night	t									Mor	ning/	'Day											
Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
My sleep was		(0 v	ery p	oor - 1	10 ver	y goc	od)	This	morni	ng I fe	elt		(0 exh	auste	ed - 1	0 refr	eshed	1)	Wa up	-	To l Asle	-		ours leep	Hours in Bed	% SE

	Eve	ning/	Night	t									Mor	ning/	'Day											
Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
My sleep was		(0 v	ery p	oor - 1	10 ver	y goo	od)	This I	morni	ng I f	elt		(0 exh	auste	ed - 10	0 refr	eshed	l)	Wa uj	-	To l Asle			ours leep	Hours in Bed	% SE
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Averages: You can figure out your average for the week by adding up the numbers for one item and divide by 7. For example, for **Wake-Ups**, add up the numbers for wake-ups each night and divide by 7. Like this: 2 + 3 + 2 + 5 + 1 + 0 + 4 = 17 divided by 7, which equals 2.4 wake-ups, on average.