

Sleep Diary – Option 1

Use the chart below to record your sleep over the next week. Use this down arrow ↓ to mark what time you get into bed and this up arrow ↑ to mark when you get out of the bed 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. Complete your sleep diary first thing in the morning and remember to rate your sleep quality and feelings of restfulness. Here is an example:

	Evening/Night												Morning/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 <u>5</u> (0 very poor - 10 very good)													This morning I felt <u>3</u> (0 exhausted - 10 refreshed)													Wake - ups	To Fall Asleep	Hours Asleep	Hours in Bed	% SE
																										2	120	5	10	50%

Week beginning: _____

	Evening/Night												Morning/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 very poor - 10 very good)													This morning I felt _____ (0 exhausted - 10 refreshed)													Wake - ups	To Fall Asleep	Hours Asleep	Hours in Bed	% SE

	Evening/Night												Morning/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 very poor - 10 very good)													This morning I felt _____ (0 exhausted - 10 refreshed)													Wake - ups	To Fall Asleep	Hours Asleep	Hours in Bed	% SE

	Evening/Night												Morning/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 very poor - 10 very good)													This morning I felt _____ (0 exhausted - 10 refreshed)													Wake - ups	To Fall Asleep	Hours Asleep	Hours in Bed	% SE

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 = _____ %SE

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Date	Evening/Night												Morning/Day										Wake - ups	To Fall Asleep	Hours Asleep	Hours in Bed	% SE		
	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 very poor - 10 very good)													This morning I felt _____ (0 exhausted - 10 refreshed)																

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	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 very poor - 10 very good)													This morning I felt _____ (0 exhausted - 10 refreshed)																

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	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 very poor - 10 very good)													This morning I felt _____ (0 exhausted - 10 refreshed)																

Date	Evening/Night												Morning/Day										Wake - ups	To Fall Asleep	Hours Asleep	Hours in Bed	% SE		
	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 very poor - 10 very good)													This morning I felt _____ (0 exhausted - 10 refreshed)																

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

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.