

Sleep Diary – Option 2

Week Beginning:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What time did you get into bed?	9:30 PM							
What time did you fall asleep?	11:30 PM							
How long did it take you to fall asleep ? (minutes)	120 mins							
How many times did you awaken during the night?	2x							
In total, how long did these awakenings last? (hours)	3 hours							
What time was your final awakening?	7:30 AM							
What time did you get out of bed for the day?	7:30 AM							
Time sleeping: About how long were you asleep altogether? (hours)	5 hours							
Time in bed: About how long were you in bed altogether? (hours) <i>Time you got into bed to the time you got out of bed. If you got out of bed during nighttime awakenings, subtract that time.</i>	10 hours							
What was your sleep efficiency for the night? <i>Sleep efficiency = time sleeping divided by time in bed X 100.</i>	50%							
Please rate the quality of your sleep . <i>On a scale of 0 = very poor to 10 = very good</i>	5							
Please rate how refreshed you felt by sleep. <i>On a scale of 0 = exhausted to 10 = refreshed</i>	3							

