**SLEEP LOG**

ID: sample

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **CALENDAR DATE 🡪** | | 8/24 |  |  |  |  |  |  |  | **CLINIC USE**  **ONLY** |
| **DAY OF THE WEEK 🡪** | | Mon. |  |  |  |  |  |  |  |
| 1. **Yesterday, I napped from \_\_\_\_\_ to \_\_\_\_\_ (note times of all naps).** | | 1:30PM-  2:15PM |  |  |  |  |  |  |  |  |
| 1. **Yesterday, I took \_\_\_\_\_mg. of \_\_\_\_\_\_\_ or \_\_\_\_\_ oz. of alcohol (specify) as a sleep aid.** | | .125mg  Halcion |  |  |  |  |  |  |  |  |
| 1. **Last night, I turned off the lights and attempted to fall asleep at \_\_\_\_\_\_ (AM or PM?).** | | 11:30PM |  |  |  |  |  |  |  |  |
| 1. **After turning off the lights, it took me about \_\_\_\_ minutes to fall asleep.** | | 90min. |  |  |  |  |  |  |  |  |
| 1. **I awoke from sleep \_\_\_\_\_ times during the night. (Do not include final awakening)** | | 3 |  |  |  |  |  |  |  |  |
| 1. **My awakenings lasted \_\_\_\_\_ minutes (specify length of each awakening).** | | 20min.  10min.  45min. |  |  |  |  |  |  |  |  |
| 1. **Today, I woke up at \_\_\_\_\_ (AM or PM?).** | | 6:30AM |  |  |  |  |  |  |  |  |
| 1. **Today, I got out of bed at \_\_\_\_\_ (AM or PM?).** | | 7:30AM |  |  |  |  |  |  |  |  |
| 1. **I would rate the quality of last night’s sleep as (1 = extremely poor; 5 = excellent)** | | 3 |  |  |  |  |  |  |  |  |
| 1. **When I woke up this morning, I felt \_\_\_\_\_ (1 = not at all rested; 5 = very well rested).** | | 2 |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | |
| **CLINIC USE**  **ONLY** | **TST ESTIMATE** |  |  |  |  |  |  |  |  |  |
| **TIB ESTIMATE** |  |  |  |  |  |  |  |  |  |
|  | **SE % ESTIMATE** |  |  |  |  |  |  |  |  |  |

**Instructions for Sleep Diary**

* Keep the diary by your bedside.
* Complete the diary in the morning as close as possible to the time you get up.
* Put the date on the log that corresponds to the morning when you are completing it.
* Please use numbers (for example: 10 minutes, 2 times, etc.) to complete the diary. **Do not use** word descriptors such as “a little”, “a lot”, “a few times”, etc.
* Estimate the times as best you can.
  + We know that they are estimates so don’t worry about being perfect.
  + We don’t want you to lose sleep trying to keep track of your sleep!