

## Sleep Diary

One of the best ways you can tell if you are getting enough good quality sleep, and whether you have signs of a sleep disorder is by keeping a sleep diary. Use this sample diary to get started.

<b>Complete in the Morning</b>	Name							
	Day of the week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Today's date							
	Time I went to bed last night:							
	Time I woke up this morning:							
	Number of hours slept last night:							
	Number of awakenings:							
	Total time awake last night:							
	Time to fall asleep last night:							
How awake did I feel when I got up this morning? 1—Wide awake 2—Awake but a little tired 3-- Sleepy								

<b>Complete in the Evening</b>	Name							
	Day of the week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Today's date							
	Number of caffeinated drinks (coffee, tea, cola, etc.) and time when I had them today:							
	Number of alcoholic drinks (beer, wine, liquor) and time when I had them today:							
	Nap times and length of naps today:							
	Exercise times and length of exercise today:							
	How sleepy did I feel during the day today? 1—Very sleepy 2—Somewhat tired 3—Fairly alert 4—Wide awake							