

Sleep Diary

Name:

Date:



TIME SLEEPING

TIME IN BED

Time Fell Asleep	Time Woke Up	A Hours/Minutes Between Times	B Minutes Awake in Night	A Minus B (Hrs/min)	Time Went to Bed	Time Got Up	Hours/Minutes
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DAY 1							
DAY 2							
DAY 3							
DAY 4							
DAY 5							
DAY 6							
DAY 7							

Total weekly sleeping time:					Total weekly time in bed:		
Total weekly sleeping time ÷ 7 = Average time asleep:					Total weekly time in bed ÷ 7 = Average time in bed:		

Average time asleep ÷ Average time in bed x 100 = Sleep Efficiency:

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Before I go to bed

Waking up the next morning

Extra notes

Caffeinated drinks?
(time of last one)

Medication taken?

Exercise?

Naps during the day?

Tiredness during day?
(out of 10)

When I woke up I felt...

What caused disturbances last night?

Anything else you want to note?

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Hints:

Sleeping pills?
OTC medications?

What time?
what intensity?

How many?
How long?

Refreshed?
Fatigued?

Noise?
Temperature?
Light source?
Thoughts?
Hunger?

Meal before bed?
Alcohol? Wind-down routine?
Illness? Shift work? Mood during day? Alarm clock?