

Sleep Diary

It might be helpful to keep a sleep diary to see how your sleep is improving. This diary should be kept for at least one week and include weekends and weekdays. A pattern of your sleep-wake cycle will emerge and will help you indentify the things you need to change to get a better nights sleep.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you go to bed last night?							
How long did it take to fall asleep?							
During your sleep time did you wake up? How many times? For how long? Did you get out of bed?							
How much total sleep did you get?							
Yesterday, did you: Take any naps? How long? When?							
How tired do you feel today on a scale of 1 to 5? (<i>Very tired=5</i>)							
What did you do during the 30 minutes before bed?							
Yesterday, did you: Do any physical activity? What? When?							
Did you have any caffeine, medications, drugs, or alcohol? Note what you used.							
Yesterday, did you: Eat big or spicy meals? What? When?							