

TWO WEEK SLEEP DIARY

INSTRUCTIONS:

1. Write the date, day of the week, and type of day: Work/School/Day Off/Vacation.
2. Put "C" in the box when you have coffee, soft drink or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise.
3. Put a line (l) to show when you go to bed. Shade in the box that shows when you think you fell asleep.
4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

Name: _____

Age: _____ Sex: _____ Date: _____



SAMPLE ENTRY: On Monday, a work day, I jogged on my lunch break at 1pm, had a glass of wine with dinner at 6pm, fell asleep watching TV from 7pm to 8pm, went to bed at 10:30pm, fell asleep around midnight, woke up and couldn't get back to sleep at about 4am, went back to sleep from 5am to 7am and had coffee and medicine at 7:00am.

Today's Date	Day of the week	Type of Day Work, School, Off, Vacation	Noon	1PM	2	3	4	5	6PM	7	8	9	10	11PM	Midnight	1AM	2	3	4	5	6AM	7	8	9	10	11AM
Sample	Mon	Work		E					A				l													

Week 1

Week 2