

Daily Sleep Diary

Complete the diary each morning, ideally after you have been up for a while and the “fog has cleared.”. Don’t worry too much about giving the exact answers estimates are fine!

Your Name _____ The date of Day 1 _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
At what time did you go to bed?							
After settling down, how long did it take you to fall asleep?							
After falling asleep, how many times did you wake up at night?							
After falling asleep, for how long in the night were you awake <u>in total</u> ?							
At what time did you wake up?							
What time did you <u>get out of bed</u> ?							
How long did you spend in bed last night (from first getting in, to finally getting up?							
How would you rate the quality of your sleep? 1 2 3 4 5 V.poor V.good							
Notes (meds, alcohol, pain, interruptions, naps etc.)							