

Sleep Diary

We encourage you to complete this sleep diary on a daily basis for one or two weeks. It will help you track your sleep schedule and this will provide information that can help you improve your sleep. Fill in this diary each morning after the previous night's sleep. Do not use it during the night or keep it in your bedroom.

DAY (Date)	NAPS (Duration)	BEDTIME	TIME TAKEN TO FALL ASLEEP	NUMBER OF AWAKENINGS	DURATION OF AWAKENINGS	FINAL WAKE TIME	OUT OF BED TIME	TIME SPENT ASLEEP (hours)	NEXT DAY ALERTNESS (1-10) 10 = most alert
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									