

Sleep Diary

Name _____

Today's Date	09/25/2015	09/26/2015	09/27/2015	09/28/2015	09/29/2015	09/30/2015	10/01/2015
1. What time did you get into bed yesterday?	09:11 PM	09:22 PM	09:20 PM	09:16 PM	10:18 PM	09:32 PM	10:06 PM
2. What time did you close your eyes to go to sleep?	09:20 PM	09:46 PM	10:10 PM	10:00 PM	10:28 PM	11:45 PM	10:24 PM
3. How long did it take you to fall asleep?	10 min	24 min	30 min	20 min	45 min	20 min	28 min
4. How many times did you wake up, not counting your final awakening?	1	3	2	2	2	1	2
5. In total, how long did these awakenings last?	12 min	38 min	26 min	25 min	25 min	12 min	22 min
6. What time was your final awakening?	07:07 AM	07:11 AM	07:18 AM	08:06 AM	07:15 AM	07:14 AM	07:15 AM
7. What time did you get out of bed for the day?	07:18 AM	08:05 AM	08:16 AM	08:16 AM	07:39 AM	07:50 AM	07:38 AM
8. How would you rate the quality of your sleep?	Poor	Very Poor	Very Poor	Poor	Very Poor	Poor	Fair
9. In total, how long did you nap or doze yesterday?	0 min	32 min	20 min	0 min	30 min	22 min	0 min
10. Comments:		Had a bad headache and took some medication but it didn't help	Still not feeling well	Slept through my alarm	Had a few drinks last night and got home later than normal	Watched a movie last night in bed	Slept ok, better than normal

Averages:

SOL = 25 min; Awakenings = 1.9 times; Naps = 15 min; WASO = 23 min; TWAK = 30 min; TIB = 10 hours 16 min; TST = 8 hours 16 min; SE = 81%