

Weekly Sleep Diary

Name _____

Today's date							
* Time you got into bed							
* Time you turned lights off to go to sleep							
Minutes to fall asleep after turning lights off							
Minutes awake between sleep onset & final awakening							
* Time of final awakening							
Minutes you awoke earlier than desired							
* Time you got out of bed for the day							
Minutes spent napping or dozing off yesterday							
# of times you woke up during the night							
Quality of sleep – 0-10, with 10 being excellent							
Nightmares - how many & what about?							
Sleep medication or aids – type, amount & timing							
Alcohol and/or drugs used and when did you stop							
Activities 1 hour before lights out (e.g., TV, music, reading)							

Sleep Diary Instructions

	Examples	Explanations
* Time you got into bed	23:30	Use 24-hour clock convention for all time data since it is required format for excel spreadsheet this data is entered into. To do this, add 12 to hours for PM. <i>For example, 11:30pm becomes 23:30.</i>
* Time you turned off lights to go to sleep	1:00	This is when you turn out the lights, close your eyes and try to sleep.
Minutes to fall asleep after turning lights off	30	This is always an estimate. Estimates are fine since we are looking for changes over time. It's okay to look at clock when you turn off light and after your final awakening BUT DON'T LOOK IN-BETWEEN.
Minutes awake between sleep onset & final awakening	60	This is for minutes awake during the night <u>when you are able to fall asleep again</u> . If you wake during the night and can't fall asleep again, you would put "0" here & record time in "time of final awakening". Estimate this – DO NOT LOOK AT THE TIME SINCE THIS MAKES IT HARDER TO FALL ASLEEP AGAIN.
* Time of final awakening	7:15	Once you've decided to get up, it's okay to look at your clock.
Minutes you awoke earlier than desired	0	Example - If your plan was to wake up at 8am but you get up at 7:30am, you would enter 30 minutes.
* Time you got out of bed for the day	7:30	Sometimes people linger in bed after waking.
Minutes spent napping or dozing off yesterday	45	Napping is something you do intentionally whereas dozing just happens.
# of times you woke up during the night	3	Once again, best guess. You fill out the sleep diary in the morning NOT DURING THE NIGHT.
Quality of sleep – 0-10, with 10 being excellent	7	This is to give a rough estimate of how sleep went for you.
Nightmares - how many & what about?	1 - John	Technically a nightmare is a bad dream that you can later recall – sometimes people assume they have one based on waking distressed. I only want enough detail here so that you can recall later what it was about. If you had a single nightmare about a friend named John, "1-John", would suffice.
Sleep medication or aids – name, amount & timing	Ambien, 5mg, 10pm	This is important since many people are trying to sleep naturally without medication.
Alcohol and/or drugs used and when did you stop	1 drink, 10pm	Alcohol and drugs can impact the quality and/or quantity of our sleep. The time stopped also matters since the closer use is to bedtime, the more impact it may have.
Activities 1 hour before lights out (e.g., TV, music, reading)	Read book and watch news	Our activities, particularly those closest to bedtime, may affect our ability to fall and/or stay asleep.
		This blank row is for monitoring customized recommendation (if any).
		This blank row is for monitoring customized recommendation (if any).