Sleep Diary Name:_____

Sample

Today's date	4/5/08							
In total, how long did you nap or doze yesterday?	n/a							
1. What time did you get into bed?	10:15 p.m							
2. What time did you try to go to sleep?	11:30 p.m							
3. How long did it take you to fall asleep?	1 hour 15 min.							
4. How many times did you wake up, not counting your final awakening?	3 times							
5. In total, how long did these awakenings last?	1 hour 10 min.							
6a. What time was your final awakening? 6b. Did you wake up earlier than you desired? 6c. If yes, how many minutes earlier?	6:35 a.m. ☑ Yes ☐ No 30 min.							
7. What time did you get out of bed for the day?	7:20 a.m							
8. How would you rate the quality of your sleep?	☐ Very poor ☑ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐Poor ☐ Fair ☐ Good ☐ Very good
9. Comments (if applicable)	I have a cold							