SLEEP DIARY

NAME: _____

1. Mark a back line at the time of retirement (for sleep & naps) and falling asleep. Mark through boxes that represent sleep with an arrow.
2. Boxes may be divided into halves if needed to correspond to 30 minute intervals. TRY TO BE AS COMPLETE AS POSSIBLE!
3. The sample below shows bedtime at 10pm, asleep at 11pm, one arousal during the night and awakening at 6am. A nap occurred at 4pm.

1 = I
2 = I
3 = (

START DAY: _____ **DATE:** _____

WEEK 1		9P	10P	11P	12A	1A	2A	3A	4A	5A	6A	7A	8A	9A	10A	11A	12P	1P	2P	3P	4P	5P	6P	7P	8P	SLEEP QUALITY
Date	Ex			→	→	→	→		→	→											→					
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WEEK 2		9P	10P	11P	12A	1A	2A	3A	4A	5A	6A	7A	8A	9A	10A	11A	12P	1P	2P	3P	4P	5P	6P	7P	8P	
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POOR FAIR GOOD
DAYTIME ALERTNESS