

My Sleep Diary: Daytime

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Day and Date							
What time did you go to sleep last night?							
How long did it take for you to first fall asleep (in mins)							
What time did you wake up this morning?							
How many times did you wake in the night? For how long (in mins)							
What disturbed your sleep? (e.g. worry, noise, comfort)							
How long did you sleep in total last night?							
How would you rate the quality of your sleep? Quality (1= very poor, 5= very good)							
How do you feel this morning? Refreshed Ok Lethargic							

My Sleep Diary: End of Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Day and Date							
How many caffeinated and/or alcoholic drinks did you have today? At what times?							
How much exercise did you do today? At what time?							
Have you taken any medications today? What, and what time?							
Have you taken any nap(s) today? At what time(s), and for how long?							
What was your mood generally like today?							
What did you do in the 1 hour before bed?							
Comments (e.g. stressful day, important event)							