## **INSTRUCTIONS:**

## ONE WEEK SLEEP DIARY

- 1. Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation.
- 2. Put the letter "C" in the box when you have caffeine. Put "M" when you take any medicine. Put "A" when you drink alcohol.

Put "E" when you exercise. Put F when you eat. Put Al if you woke due to an alarm and S if you woke spontaneously

- 3. Put an arrow pointing down (↓) to show when you went to bed. Put an arrow pointing up when you wake (↑)
- 4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
- 5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.



SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around 11PM, woke up and couldn't get back to sleep at 4AM, went back to sleep from 5 to 7 AM. Woken by alarm, had coffee and medicine at 7:00 in the morning.

Today's Date	Day of the week	Type of Day Work, School, Off, Vacation	Noon	1PM	2	3	4	5	MH9	7	8	<b>o</b>	10	11PM	Midnight	1AM	2	3	4	2	6AM	7	80	6	10	11AM		
DD/MM/YY	Mon	Work		Е					FA				<b>↓</b>								<b>↑</b>	AI CM	F					
Comments:	nts: Fell asleep in front of tv at 7-8pm; bed from 1030pm													Time taken to fall asleep: 30mins						Time spent awake (night): 1hr								
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