

Sleep Diary Instructions

This diary consists of seven a 24 hour graph.

At bedtime, just before turning out the lights, record the following daily activities using the appropriate symbols at the appropriate time:

- F = Food (meals, snacks)
- C = Caffeine (one C for each cup of tea or coffee)
- A = Alcohol (one A per glass)
- N = Nap (NB for nap beginning, NE for nap ending)
- P = Sleeping pill, sedative

Place a “down” arrow at the time you intend to turn out the lights to go to sleep.

After your final morning awakening, but before getting out of bed, record the following:

Draw a thick line across the sleep graph over the times you were asleep. Leave gaps for any time period that you were awake.

Mark the time at which you finally awoke and did not go back to sleep with the appropriate symbol below:

- S – if you awoke spontaneously
 - Al – if you were awoken by an alarm or other stimuli
- Mark time you actually got out of bed with an “up” arrow.

In column A, estimate the time (in minutes) that it took you to fall asleep after turning out the lights.

In column B, estimate the total amount of time spent awake (if at all) during the night (after initially falling asleep and before final awakening).

Any comments? Use the comments box below the sleep diary to note any events which may have affected your sleep.

EXAMPLE

