

Sleep Diary

Start date: / /

Name:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Last night I went to bed at... And turned the lights out (tried to go to sleep at)...							
After turning the lights out I fell asleep in ... minutes (estimate)							
I woke up ... times in the night							
On each waking during the night I was awake for ... minutes (estimate)							
I woke up at ... (time of last waking)							
I got out of bed at...							
Overall my sleep last night was (0 = very sound; 8 = very restless)							
When I got up this morning I felt (0 = refreshed; 8 = exhausted)							
Comments ... reasons for a particularly good or bad nightly sleep (e.g. bed time change / worries etc).							
Total time asleep							
Total time in bed							

This diary is designed to be reasonably quick to fill in. It is best to fill it in when you wake up in the morning. An estimation of your sleep is fine. It is best to not record the number of times you wake up or try to remember it during the night as it may interfere with your sleep.