

# Sleep Diary



You should complete the Sleep Diary on a daily basis. It will provide information about your sleep patterns that you can use to improve your sleep habits. The diary should be completed each morning after the previous night's sleep. Do not use it during the night or keep it in your bedroom. Use it only as a guideline and spend no more than 30 seconds filling it out in the morning.

Day	Naps	Bedtime	Time to Fall Asleep	Number of Waking Times	Duration	Final Wake Time	Out of Bed	Time Spent Asleep	Next Day Alertness 1 - 10 (10 = most alert)
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									