

SLEEP DIARY

MEASURING THE PATTERN OF YOUR SLEEP	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. What time did you wake this morning?							
2. At what time did you get out of bed?							
3. At what time did you go to bed last night?							
4. Lights out: At what time did you put the lights out to go to sleep?							
5. How long did it take you to fall asleep (minutes)? (After Lights Out)							
6. How many times did you wake up during the night?							
7. How long were you awake during the night (in total)?							
8. About how long did you sleep altogether (hours/mins)? Calculate from above							
9. Convert total sleep time into minutes							
10. About how long were you in bed altogether (hours/mins)? Calculate from above							
11. Convert total time in bed into minutes							