

RESOURCES

SLEEP DIARY

Date started _____

Day of Week _____

Instructions:

- Leave the diary near your bedside
- Fill out this chart each morning but not during the night
- Mark your diary in the following way:

ACTIVITIES	
A	- each alcoholic drink
C	- each caffeinated drink, including coffee, tea, chocolate, cola
P	- every time you take a sleeping pill
M	- meals
S	- snacks
X	- exercise
T	- use of toilet during sleep-time
N	- noise that disturbs your sleep
W	- time of wake-up alarm (if any)
SLEEP TIME (including naps)	
↓	- mark with a 'down' arrow each time you got into bed
↑	- mark with an 'up' arrow each time you got out of bed
	- mark with a line the time you began and the time you ended your sleep; then join the line to indicate sleep periods
	- mark with a line the time you began and the time you ended any naps, either in the chair or in bed; then join up lines with a broken line to indicate nap periods

Note down any events that influenced your sleep

Example

	p.m.			midnight / a.m.												noon / p.m.								
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5
Activities	A	A	A		S		↓				T	↑			W	S		M			S		M	
Sleep Time							↓					↑					↑							

LIGHTS OUT 12.30 p.m.

TOTAL SLEEP TIME 6 hrs

Week 1

	p.m.						midnight / a.m.						noon / p.m.												
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
	Activities																								
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
	Activities																								
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		p.m.						midnight / a.m.						noon / p.m.												
		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

Week 2

		p.m.						midnight / a.m.						noon / p.m.												
		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

	p.m.						midnight / a.m.						noon / p.m.											
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5
Activities																								
Sleep Time																								

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																								
Sleep Time																								

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																								
Sleep Time																								

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																								
Sleep Time																								

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

Week 3

		p.m.						midnight / a.m.						noon / p.m.												
		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										
LIGHTS OUT _____ a.m. / p.m.		TOTAL SLEEP TIME _____ hrs																								

Activities																										
Sleep Time																										
LIGHTS OUT _____ a.m. / p.m.		TOTAL SLEEP TIME _____ hrs																								

Activities																										
Sleep Time																										
LIGHTS OUT _____ a.m. / p.m.		TOTAL SLEEP TIME _____ hrs																								

	p.m.						midnight / a.m.						noon / p.m.											
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5
Activities																								
Sleep Time																								

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
	Activities																								
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
	Activities																								
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
	Activities																								
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

Week 4

		p.m.						midnight / a.m.						noon / p.m.												
		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		p.m.						midnight / a.m.						noon / p.m.												
		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

Week 5

		p.m.						midnight / a.m.						noon / p.m.												
		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

	p.m.						midnight / a.m.						noon / p.m.												
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
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LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	
Activities																									
Sleep Time																									

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

Week 6

		p.m.						midnight / a.m.						noon / p.m.												
		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
Sleep Time																										

LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

		6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
Activities																										
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LIGHTS OUT _____ a.m. / p.m. TOTAL SLEEP TIME _____ hrs

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