SLEEP DIARY

(introduced in Part II, chapter 4)

7-day Sleep/Wake Diary

Symbols: ↓ In bed ● Lights out —— Asleep ↑ Out of bed

Abbreviations: **SOL** Time to fall asleep
WASO Time spent awake during night, not including SOL
TST Total sleep time
TIB Time in bed

Name ..... **Start date** .....