

My sleep diary

Complete the diary every day. It's probably best to do it first thing in the morning

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What time did you go to bed?							
How long did it take you to go to sleep?							
How many times did you wake up in the night?							
After falling asleep how long were you awake for during the night?							
At what time did you wake up (the last time)?							
What time did you get up and out of bed?							
How long in total did you spend in bed?							
How well did you sleep? (1 = very bad, 5 = very good)							