

OVERCOMING CHRONIC FATIGUE

Sleep diary

Week beginning.....

	MON.	TUES.	WED.	THURS.	FRIDAY	SAT.	SUN.
Last night I went to bed at . . . and turned the lights out at . . .							
After turning out the lights, I fell asleep in . . . (estimate)							
I woke up . . . times in the night							
On each waking during the night, I was awake for . . . (estimate)							
I woke up at . . . (time of last waking)							
I got out of bed for the day at . . .							
Overall, my sleep last night was (0=very sound, 8=very restless)							
When I got up this morning I felt . . . (0=refreshed, 8=exhausted)							
Comments/reasons for a good or a particularly bad night							