

**FIGURE 7**

<b>MEASURING THE PATTERN OF YOUR SLEEP</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
1. Did you nap at any point yesterday? If yes, for how long (minutes)?							
2. What time did you finally wake up this morning?							
3. At what time did you rise from bed this morning?							
4. At what time did you go to bed last night?							
5. At what time did you switch off the light intending to go to sleep?							
6. How long did it take you to fall asleep (minutes)?							
7. How long were you awake <u>during</u> the night because of these awakenings (total minutes)?							

