

Table 17: Evaluating progress using your sleep diary

Sleep Diary measure	Before CBT <i>Date</i>	Now <i>Date</i>	Follow-up <i>Date</i>	Follow-up <i>Date</i>	Follow-up <i>Date</i>
Wake-up time					
Rising time					
Bedtime					
Lights out					
Time in bed (<i>lights out to rising time: mins</i>)					
Time to fall asleep (<i>mins</i>)					
Number of awakenings					

PUTTING YOUR CBT PROGRAMME TOGETHER

Time awake during wakenings (<i>mins</i>)	
Total time slept (<i>mins</i>)	
Sleep efficiency (<i>Total time slept / Time in bed × 100</i>)	
Sleeping pills (<i>number or mg</i>)	
Alcohol (<i>units</i>)	
Feeling rested after sleep <i>0,</i> <i>1, 2, 3 or 4</i>	
Sleep quality rating <i>0, 1, 2, 3 or 4</i>	