

Your Sleep Diary

WEEK 1+2

Keeping a sleep diary for 2 weeks is a great way for you to learn about your sleep habits, and can help you keep track of anything you'd like to talk about with your healthcare provider. Fill in your diary daily, and then bring it with you to your next appointment.

Smartphone apps to track your sleeping habits are also available.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1							
What was your bedtime last night?							
What time did you wake up this morning?							
How many hours did you sleep last night?							
How many times did you wake up last night?							
How rested did you feel upon waking this morning? (0=not at all, 10=fully rested)							
Rate your daytime level of fatigue yesterday (0=extremely fatigued, 10=no fatigue at all)							
What time was your last caffeinated drink yesterday?							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 2							
What was your bedtime last night?							
What time did you wake up this morning?							
How many hours did you sleep last night?							
How many times did you wake up last night?							
How rested did you feel upon waking this morning? (0=not at all, 10=fully rested)							
Rate your daytime level of fatigue yesterday (0=extremely fatigued, 10=no fatigue at all)							
What time was your last caffeinated drink yesterday?							