

Sleep Diary



Complete each morning, soon after waking, for the previous night.

Estimate your answers — no need to watch the clock during the night. Approximate times are fine. This builds an accurate picture of your sleep patterns over the week.

Question	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Time got into bed							
Time fell asleep (approx.)							
Number of awakenings							
Total time awake at night							
Time woke up							
Time got out of bed							
How rested do you feel? (1–10)							

Notes (naps, caffeine, alcohol, medications, unusual events):