





TWO WEEK SLEEP DIARY

1. Write the date, day of week, and type of day - Work. School. Vacation. Day Off.
2. Put the letter “C” in the box when you have coffee, soda, tea; “M” when you take medicine; “E” when you exercise.
3. Put a ↓ when you go to bed. Shade in the box that shows you when you think you fell asleep.
4. Shade in all boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unshaded to show you are awake.
6. Write in how long it took you to fall asleep at night.
7. **Example: On June 22<sup>nd</sup> (Monday when I worked) I had an hour nap at 3:00 p.m., exercised at 5:00 & 9:00 p.m., took a medicine at 9:00 a.m., went to bed at 10:00 p.m. but did not fall asleep until 11:00 p.m. I had coffee at 9:00 a.m. and a soda at noon. It took me one hour to fall asleep.**

Today's Date	Day of the week	Type of Day Work, School, Off, Vacation	Noon	1PM	2	3	4	5	6PM	7	8	9	10	11PM	Midnight	1AM	2	3	4	5	6AM	7	8	9	10	11AM	Time to fall asleep	
sample	Mon.	Work	C					E				E	↓											1 hr				
																											week 2	