

Weekly Sleep Log

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Date:

What time did you go to bed?							
What time did you turn the lights out to go to sleep?							
<u>About</u> how long did it take you to fall asleep? (1/2, 1, 2 hours, etc.)							
How many times did you wake up last night?							
<u>About</u> how long were you awake during the night? (total time of all awakenings) (1/2, 1, 2 hours, etc.)							
What was your final wake up time this morning?							
What time did you get out of bed?							
About how many hours did you sleep last night?							
Sleep medications (indicate dose):							
Naps (time of day and length)							
Caffeinated beverages and time drank							
Alcoholic beverages and time drank							
Exercise (type, time of day, length)							

Pre-sleep routine

Try to note the things you do in the hour prior to sleeping, and particularly, in the few minutes prior to sleeping

Did you:

Watch TV							
Read							
Work							
Check your phone							
Spend time on your computer							
Take a bath or shower							
Eat							
Any other activities:							

*** take note about whether these things made you feel more awake or more tired*

Note any general things about the day (how alert or sleepy were you? / how relaxed or stressed were you?/ other notes)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday