



## SLEEP DIARY

START DATE:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What time did you go to bed last night?							
What time did you wake up in the morning?							
How long did it take you to fall asleep (in minutes)							
Did you fall asleep: easily/after some time/with difficulty?							
How many times did you wake during the night							
How long were you awake for in total?							
What disturbed your sleep?							
How would you rate your quality of sleep from 1-5 (1= poor and 5= very good)							
How do you feel this morning? refreshed/ok/lethargic							
any other notes?							

