

Sleep Diary:

Keeping a sleep diary can help you avoid activities that worsen your chances of restful sleep. It will also help your doctor decide if drug therapy would help and to choose the best method of treatment. It is important that you complete this chart on a daily basis.

IN THE COLUMNS BELOW, MARK THE DIARY AS FOLLOWS

A = Time of wake-up alarm	N = Noise disturbing sleep
C = Caffeinated drink	B = Bathroom use during sleep-time
D = Alcoholic drink	Z = Sleeping pill
E = Exercise	↓ = Each time you get into bed
M = Meal	↑ = Each time you get out of bed
S = Snack	— = Beginning/end of sleep — join the lines to indicate sleep periods

WEEK OF ___/___/___ TO ___/___/___

	SUN	MON	TUE	WED	THU	FRI	SAT
00:00							
01:00							
02:00							
03:00							
04:00							
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							
Total sleep (hours):							

EXAMPLE:

	SUN
00:00	↓
01:00	—
02:00	
03:00	
04:00	—
05:00	↑
06:00	↓
07:00	—
08:00	A M
09:00	M
10:00	
11:00	
12:00	M
13:00	
14:00	
15:00	
16:00	
17:00	D
18:00	M D
19:00	
20:00	D
21:00	
22:00	M
23:00	
Total sleep (hours):	4.5

WEEK OF ___/___/___ TO ___/___/___

	SUN	MON	TUE	WED	THU	FRI	SAT
00:00							
01:00							
02:00							
03:00							
04:00							
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							
Total sleep (hours):							