

## Sleep Diary

(Sample)

Today's Date	4/5/17								
What time did you get into bed?	10:15 pm								
What time did you try to go to sleep?	11:30 pm								
How long did it take you to fall asleep?	55 min								
How many times did you wake up, not counting your final awakening?	3 Times								
In total, how long did these awakenings last?	1 hour 10 min								
What time was your final awakening?	6:35 am								
What time did you get out of bed for the day?	7:20 am								
How would you rate the quality of your sleep?	- Very poor - Poor - Fair - Good - Very Good	- Very poor - Poor - Fair - Good - Very Good	- Very poor - Poor - Fair - Good - Very Good	- Very poor - Poor - Fair - Good - Very Good	- Very poor - Poor - Fair - Good - Very Good	- Very poor - Poor - Fair - Good - Very Good	- Very poor - Poor - Fair - Good - Very Good	- Very poor - Poor - Fair - Good - Very Good	- Very poor - Poor - Fair - Good - Very Good
Comments (if applicable)	I have a cold								

## **Item Instructions**

Date: Write the date of the morning you're filling out the diary.

1. ***What time did you get into bed?*** Write the time you got into bed (may not be the time that you began trying to fall asleep)
2. ***What time did you try to go to sleep?*** Record the time that you began trying to fall asleep.
3. ***How long did it take you to fall asleep?*** Beginning with the time you wrote for #2, how long did it take you to fall asleep?
4. ***How many times did you wake up, not counting your final awakening?*** How many times did you wake up between the time you first fell asleep and your final awakening?
5. ***In total, how long did these awakenings last?*** What was the total time you were awake between the time you first fell asleep and your final awakening. For example, if you woke 3 times for 20 minutes, 20 minutes, and 15 minutes, add them all up (20+20+15=55 minutes)
6. ***What time was your final awakening?*** Record the last time you woke up in the morning.
7. ***What time did you get out of bed for the day?*** What time did you get out of bed with no further attempt at sleeping? This may be different from your final awakening time (e.g., you may have woken up at 6:35 am but did not get out of bed to start your day until 7:20am)
8. ***How would you rate the quality of your sleep?*** "Sleep Quality" is your sense of whether your sleep was good or poor.
9. ***Comments:*** If you have anything that you would like to say that is relevant to your sleep feel free to write it here.

## **General Instructions**

***What's a sleep diary?*** It's designed to gather information about your daily sleep pattern.

***How often and when do I fill out the diary?*** It's necessary for you to complete your sleep diary **every day**. If possible, it should be completed within 1 hour of getting out of bed for the day.

***What should I do if I miss a day?*** Leave the diary blank for that day.

***What if something unusual affects my sleep or how I feel in the daytime?*** In 'comments' section, note the issue (e.g., illness, emergency).

***What do the words "bed" and "day" mean on the diary?*** This diary can be used for people who are awake or asleep at unusual times. In the sleep diary, the word "day" is the time when you choose or are required to be awake. The term "bed" means the place where you usually sleep.

***Will answering these questions about my sleep keep me awake?*** This is not usually a problem. You should not worry about giving exact times, and you should not watch the clock. Just give your best estimate.