

7-DAY SLEEP DIARY

If you are having trouble sleeping, a sleep diary can help track your activities and the quality of your sleep over a period of time.

It can help you determine if practicing sleep hygiene habits is helping or if you require professional assistance. You can also share your sleep diary with your doctor to help determine if you might be considered for a sleep study.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TIME WENT TO BED							
TIME AWAKENED IN THE MORNING							
TOTAL HOURS OF SLEEP							
HOW MUCH TIME DID IT TAKE TO FALL ASLEEP?							
HOW MANY TIMES DID I AWAKEN DURING THE NIGHT?							
HOW DID I FEEL AFTER AWAKENING IN THE MORNING?							
LIST MEDICATIONS OR SUPPLEMENTS TAKEN BEFORE BED							
LIST ANY ALCOHOL, CAFFEINE OR FOOD BEFORE BEDTIME							
DID YOU EXERCISE TODAY AND FOR HOW LONG?							
DID YOU TAKE ANY DAYTIME NAPS AND FOR HOW LONG?							