SLEEP DIARY

WAKETIME

Please fill out this part of the diary first thing in the morning.

day ........................................... date .............................................

went to bed last night at .............................................
attempted to fall asleep at .............................................

minutes until fell asleep .............................................

finally woke at .............................................

Awakened by (check one):

alarm clock/radio □
someone whom I asked to wake me □
noises □
just woke □

After falling asleep, woke up this many times during the night (circle)

0 1 2 3 4 5 or more

total number of minutes awake .............

woke to use bathroom (circle # times)

0 1 2 3 4 5 or more

awakened by noises/child/bedpartner circle # times)

0 1 2 3 4 5 or more

awakened due to discomfort or physical complaint (circle # times)

0 1 2 3 4 5 or more

just woke (circle # times)

0 1 2 3 4 5 or more

Ratings (place a mark somewhere along the line):

Sleep Quality:

very bad ............................................. very good

Mood on Final Wakening:

very tense ............................................. very calm

Alertness on Final Wakening:

very sleepy ............................................. very alert

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