

Sleep Diary: Morning

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of the week:						
I went to bed at:						
AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
I woke up at:						
AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
Last night, I slept for ____ hours:						
Last night, it took me about ____ minutes to fall asleep:						
I felt that the quality of my sleep was: e.g. very good, good, bad, very bad						
This morning, I feel: e.g. refreshed, tired, groggy, alert						
My sleep was made more difficult by: e.g. temperature, noise, dreams, thoughts, not feeling tired, discomfort						
During the night, I woke up ____ times:						

Sleep Diary: Night

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I took a nap:						
yes / no	yes / no	yes / no	yes / no	yes / no	yes / no	yes / no
I had caffeine:						
# of drinks	# of drinks	# of drinks	# of drinks	# of drinks	# of drinks	# of drinks
<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening
I exercised for ____ minutes:						
Medications or drugs I used today:						
Throughout the day, I felt drowsy:						
<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Very Often
Overall, my mood today was: e.g. positive, negative, neutral						
In the hour before bed, my activities included: e.g. reading, computer, TV, showering, phone, eating, spending time with partner						