

Sleep Diary

Instructions: Complete the table below a few minutes after you wake up. It will help you track your sleep behaviors. To avoid clock-watching, you may estimate times, such as how long you were awake at night.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date: _____	_____	_____	_____	_____	_____	_____	_____
What time did I go to bed?							
What time did I turn the lights out to go to sleep?							
About how long did it take me to fall asleep (½, 1, 2 hours, etc.)?							
How many times did I wake up last night?							
About how long I was awake during the night (total time of all awakenings: ½, 1, 2 hours, etc.)?							
What was my final wake-up time this morning?							
What time did I get out of bed?							
About how many hours did I sleep last night?							
Sleep medications (include dose)?							
Sleep Efficiency %							

Set and record goals for this week:

Goals	Completed
1.	<input type="checkbox"/>
2.	<input type="checkbox"/>
3.	<input type="checkbox"/>

Note. Sleep efficiency is the proportion of the time you're asleep divided by the time you allow for sleep. For example, if your schedule is to turn off the lights at 11 PM and get out of bed at 7 AM, you've allowed eight hours of sleep. If you slept 6 of those 8 hours (e.g., took a ½ hour after lights out to fall asleep, woke up a few times during the night, and was awake for about 1½ hours), your sleep efficiency is 6/8, which is .75 or 75%. Sleep efficiency rates vary: good sleepers, around 90% or greater; normal sleepers, around 85 to less than 90%; and poor sleepers, less than 85%.