Two Week Sleep Diary

Instructions

1. Write the date, day of the week and type of day: Work, School, Day off or Vacation.
2. Put the letter “C” in the box when you have had coffee, coke or tea. Put “M” when you take any medicine. Put “A when you drink alcohol. Put “E” when you exercise.
3. Put a line (|) to show when you go to bed. Shade in the box that shows when you think you fell asleep.
4. Shade in all boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

SAMPLE ENTRY BELOW: *On a Monday when I worked, I jogged at my lunch break at Noon, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10.30 PM, fell asleep around Midnight, woke up and couldn’t go back to sleep around 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7.00 in the morning.*

Today’s Date	Day of the week	Type of day Work, School Off, Vacation	Noon	1 PM	2	3	4	5	6 PM	7	8	9	10	11 PM	Midnight	1 AM	2	3	4	5	6 AM	7	8	9	10	11 AM
Sample	Mon	Work	E						A				|									C M				

																											WEEK 1
																											WEEK 2