

Sleep Log

	EXAMPLE							
Day	Mon							
Date	8/14/2006							
Time spent napping, dozing yesterday, total minutes all day	30 min							
Time I first went to bed and attempted to fall asleep last night	11:00 pm							
Time I fell asleep last night	12:30 am							
Mid-sleep awakenings last night, list separately, # minutes each	20 60 40							
Final wake-up time today	7:30 am							
Time I got out of bed for the day today (rise time)	8:00 am							
Total time in bed from bedtime to rise time	9hr							
Total time asleep, overnight plus yesterday's naps	5hr 30min							
Daytime sleepiness level today 1 to 5 (1=low, 5 = high)	4							