Daily Sleep Diary

- Complete the diary in the evening and each morning.

- “Day 1” will be the date of your “Night 1”, when you first go to bed and do the diary.

- It is usually better to do over 7 consecutive days, to cover a full week.

- Do not worry too much about giving extremely exact answers, an estimate will do.

Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Day 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Weekday |  |  |  |  |  |  |  |
| Did you nap during the day. |  |  |  |  |  |  |  |
| Time of end of Dinner |  |  |  |  |  |  |  |
| Food / Drink after dinner |  |  |  |  |  |  |  |
| Activities done 2 hours before bedtime |  |  |  |  |  |  |  |
| At what time did you go to bed |  |  |  |  |  |  |  |
| After settling down, how long did it take you to fall asleep? |  |  |  |  |  |  |  |
| After falling asleep, about how many times did you wake up in the night? What time. |  |  |  |  |  |  |  |
| After falling asleep, for how long were you awake during the night in total? |  |  |  |  |  |  |  |
| At what time did you finally wake up? |  |  |  |  |  |  |  |
| At what time did you get up? |  |  |  |  |  |  |  |
| At what time did you get up? |  |  |  |  |  |  |  |
| How long did you spend in bed last night (from first getting in, to finally getting up) |  |  |  |  |  |  |  |
| From 1 to 5, wow would you rate the quality of your sleep during the night?  5: very good/refreshing, 1: very bad. |  |  |  |  |  |  |  |

Some guidelines for some of these rubrics:

|  |  |
| --- | --- |
| *Weekday* | *Indicate Monday, Tuesday, Wednesday, etc…..* |
| *Did you nap during the day.* | *If you had a nap during dinner, write time and how long.* |
| *Time of end of Dinner* | *This is the end of your main meal.* |
| *Food / Drink after dinner* | *If you ate some more food after dinner (icecream or chocolate in front of TV), write time and type of food.* |
| *Activities done 2 hours before bedtime* | *Indicate the main activities, you did briefly before going to bed. For example: shower, bath, TV, Internet, reading a book, sports….* |