

Sleep Diary For A Single Day

Fill out before bed	
Date	
Naps you had during the day.	
Alcohol or caffeine drinks you had during the day.	
Stresses of the day.	
Things to save for tomorrow, to-do list.	
Medications for sleep	
Do you feel sleepy before going to bed?	
What time are you going to bed? Is this your scheduled sleep time?	
POSITIVE sleep thoughts about going to bed.	

Fill out after waking up the next morning	
The time you woke up. Did you get out of bed at your scheduled wake up time?	
Estimated time it took to fall asleep last night.	
Number of times that you woke up overnight and how long you were awake each time.	
POSITIVE thought for the day.	

Other thoughts and comments: