Sleep Log

Complete your sleep log each day for 1-2 weeks. Fill it in after you've got out of bed in the morning. If you forget to fill in the log leave it blank for that day. If your sleep or daytime activity is affected by some unusual event (such as illness, travel, or an emergency) please make brief notes in the comment section. Don't worry about giving exact times, and you should not check the clock overnight. Just give your best estimate of your sleep when you get up in the morning.

Date	Eg. 21/2							
What time did you get into bed?	10:00 pm							
Lights out time/what time did you try to go to sleep?	10:30 pm							
Time taken to fall asleep (mins)	50 mins							
Number of awakenings overnight, not counting your final awakening?	3							
In total how long did these awakenings last (mins)?	15 mins							
What time did you wake up?	7 am							
What time did you get out of bed?	7:45 am							
How long did you sleep all together?	7.5 hours							
How would you rate your quality of sleep?	☐ Very poor ☐ Poor ☑ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good
How refreshed were you on wakening?	☐ Not at all rested ☐ Slightly rested ☑ Somewhat rested ☐ Well rested ☐ Very well rested	☐ Not at all rested ☐ Slightly rested ☐ Somewhat rested ☐ Well rested ☐ Very well rested	☐ Not at all rested ☐ Slightly rested ☐ Somewhat rested ☐ Well rested ☐ Very well rested	☐ Not at all rested ☐ Slightly rested ☐ Somewhat rested ☐ Well rested ☐ Very well rested	☐ Not at all rested ☐ Slightly rested ☐ Somewhat rested ☐ Well rested ☐ Very well rested	☐ Not at all rested ☐ Slightly rested ☐ Somewhat rested ☐ Well rested ☐ Very well rested	☐ Not at all rested ☐ Slightly rested ☐ Somewhat rested ☐ Well rested ☐ Very well rested	☐ Not at all rested ☐ Slightly rested ☐ Somewhat rested ☐ Well rested ☐ Very well rested
How many standard alcoholic drinks did you have yesterday, within 3 hours of bedtime?	2 drinks							
How many caffeinated drinks did you have yesterday, within 3 hours of bedtime?	1 coffee, 1 tea							
What sleep medication did you take to help you sleep last night?	Melatonin 5mg							
How many times did you nap or doze yesterday?	2							
In total, for how long did you nap (mins)?	60 mins							
How much energy did you have yesterday? 0 = none 10 = maximum	5							
How was your mood yesterday? 0 = very low 10 = excellent mood	4							
How many minutes of exercise did you do yesterday (mins)?	20 mins							
Comments (if applicable)	Got Covid							