

# 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 & again in the evening. 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 on your log. 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.

Complete each morning								
Your sleep last night	<i>e.g. Fri 21.2</i>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
What time did you wake up?	<i>5.30am</i>							
What time did you get up?	<i>6.15am</i>							
Lights out time last night?	<i>10pm</i>							
Time taken to fall asleep (mins)	<i>60</i>							
Number of wakings overnight	<i>3</i>							
Length of time awake overnight	<i>~80 min</i>							
How long did you sleep all together?	<i>5hr 20</i>							
How refreshed were you on waking? (0 = not at all 10 = completely refreshed)	<i>2</i>							
Any alcohol within 3 hours of bed? No. of standard drinks?	<i>2 wine</i>							
Any sleep medication taken?	<i>nil</i>							
Complete each evening								
Your Day today								
How much energy did you have today? 0 = none 10 = maximum	<i>5</i>							
How was your mood today? 0 = very low mood 10 = excellent mood	<i>6</i>							
Did you nap today? How long for? What time?	<i>25min, 2pm</i>							
What exercise did you do today? What time? How long?	<i>walk dog, 7am. 20mins</i>							