

Simple sleep diary

Name:..... Week beginning:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. What time did you go to bed last night?							
2. What time did you fall asleep?							
3. Did you wake up during the night?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
3.1 If yes, how long were you awake for each time?							
3.2 If yes, what did you do when you were awake at night?							
4. What time did you wake today?							
5. Were you woken up by someone?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
6. What time did you leave the house?							
7. How did you feel today? – good, OK, bad							