

Sleep diary

Week beginning.....

	MON.	TUES.	WED.	THURS.	FRIDAY	SAT.	SUN.
Last night I went to bed at ... and turned the lights out at ...							
After turning out the lights, I fell asleep in ... (estimate)							
I woke up ... times in the night							
On each waking during the night, I was awake for ... (estimate)							
I woke up at ... (time of last waking)							
I got out of bed for the day at ...							
Overall, my sleep last night was ... (0=very sound, 8=very restless)							
When I got up this morning I felt ... (0=refreshed, 8=exhausted)							
Comments/reasons for a good or a particularly bad night							