Sleep Diary

Name:

Week Beginning:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. What time did you go to bed last night?							
2. How long did it take you to fall asleep? (Ages, not too long, no time at all)							
3. If you woke up during the night – how many times?							
4. How long were you up for each time?							
5. What did you do when you were awake during the night?							
6. What time did you wake today?							
7. How many hours sleep did you get in total?							
8. What time did you get out of bed today?							
9. What time did you leave the house?							
10. Did you have breakfast?							
11. How did you feel once you were awake today? (please tick)	☐ Very good ☐ Good ☐ OK ☐ Bad ☐ Very bad	☐ Very good ☐ Good ☐ OK ☐ Bad ☐ Very bad	☐ Very good ☐ Good ☐ OK ☐ Bad ☐ Very bad	☐ Very good ☐ Good ☐ OK ☐ Bad ☐ Very bad	☐ Very good ☐ Good ☐ OK ☐ Bad ☐ Very bad	☐ Very good ☐ Good ☐ OK ☐ Bad ☐ Very bad	☐ Very good ☐ Good ☐ OK ☐ Bad ☐ Very bad
12. Generally, how sleepy do you feel today? (please tick)	☐ Not at all ☐ Not really ☐ OK ☐ Quite a Lot ☐ Very much	☐ Not at all ☐ Not really ☐ OK ☐ Quite a Lot ☐ Very much	☐ Not at all ☐ Not really ☐ OK ☐ Quite a lot ☐ Very much	☐ Not at all ☐ Not really ☐ OK ☐ Quite a lot ☐ Very much	☐ Not at all ☐ Not really ☐ OK ☐ Quite a lot ☐ Very much	☐ Not at all ☐ Not really ☐ OK ☐ Quite a lot ☐ Very much	☐ Not at all ☐ Not really ☐ OK ☐ Quite a lot ☐ Very much
13. How was your sleep last night compared to normal? (please tick)	☐ Much better ☐ Better ☐ Same ☐ Worse ☐ Much worse	☐ Much better ☐ Better ☐ Same ☐ Worse ☐ Much worse	☐ Much better ☐ Better ☐ Same ☐ Worse ☐ Much worse	☐ Much better ☐ Better ☐ Same ☐ Worse ☐ Much worse	☐ Much better ☐ Better ☐ Same ☐ Worse ☐ Much worse	☐ Much better ☐ Better ☐ Same ☐ Worse ☐ Much worse	☐ Much better ☐ Better ☐ Same ☐ Worse ☐ Much worse

NOTES

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	