

## Sleep Diary

TODAY'S DATE							
1. What time did you get into bed?							
2. What time did you try to go to sleep?							
3. How long did it take you to fall asleep?							
4. How many times did you wake up DURING THE NIGHT?							
5. In total, how long did these awakenings last?							
6. What time was your final awakening?							
7. What time did you get out of bed for the day?							
8. How many minutes did you nap yesterday?							
9. How would you rate the quality of your sleep?*							

\*9. Choose one: 1= Very poor, 2 = poor, 3 = fair, 4 = good, 5 = very good