ADULT TWO WEEK SLEEP DIARY

INSTRUCTIONS:

1. Write the date, day of the week, and type of day: Work, Off, School, or Vacation.
2. Put the letter "C" in the box when you have caffeine. Put "M" when you take any medicine. Put "E" when you exercise. Put "A" when you drink alcohol.
3. Put a line (|) to show when you went to bed. Put a down arrow and shade in the box that shows when you think you fell asleep.
4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
5. Put an up arrow in the box that shows when you woke up.
6. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

SAMPLE ENTRY BELOW: On a Monday, I went to work. On my lunch break I went to the gym at 1 PM. I had a nap when I got home from 4 to 5 PM. I had a glass of wine with dinner at 7 PM, and went to bed at 9:30 PM. I fell asleep around 11 PM, woke up around 4 AM, and couldn't get back to sleep till 5 AM. I then slept from 5 to 7 AM, and had a coffee & medicine at 7 AM.

Today's Date	Day of the Week	Type of Day Work, Off, School, Vacation	NOON	1 PM	2	3	4	5	6 PM	7	8	9	10	11 PM	Midnight	1 AM	2	3	4	5	6 AM	7	8	9	10	11 AM
Sample	Mon.	Work		E						A		|		⇓				⇑		⇓	⇑	M C				