

Sleep Diary

Date _____

Complete after awakening:

Time you went to bed _____

Time you fell asleep _____

Time you woke up _____

Number of times awakened during the night _____

Amount of time awake during the night _____

Total Nighttime Sleep _____

Comments on quality of night's sleep:

Did you feel groggy after getting up in the morning? Yes _____ No _____

If yes, for how long? _____

Complete at the end of the day:

Naps:

Time fell asleep _____

Time awoke _____

Comments on quality of naps:

Using the Stanford Sleepiness scale below, note your alertness during the day:

- 1) Feeling active, vital, alert, wide awake
- 2) Functioning at a high level, not at peak
- 3) Relaxed, not full alertness, responsive
- 4) A little foggy, not at peak, let down
- 5) Fogginess, losing interest, slowed down
- 6) Sleepiness, prefer to be lying down
- 7) Almost in a reverie, hard to stay awake

'6AM		'4PM	
'8AM		'6PM	
'10AM		'8PM	
NOON		'10PM	
'2PM		MDNT	

How was your overall sleepiness/alertness today (1-7)? _____

Other comments on mental and physical:
