

The Sleep Log

Keeping a sleep log can help you determine if there are any patterns to your sleep routine. Keeping a sleep log for two weeks is helpful in targeting any problem areas with sleep. Complete the first chart below just before you go to sleep and the second chart after waking for the day.

ANSWER AT BEDTIME JUST BEFORE YOU GO TO SLEEP

	How much time, if any, did you spend napping during the day?	Did you consume any of these substances during the day? Caffeine (within 6 hours of bedtime) Alcohol (within 1 hour of bedtime) Medication: Type _____	On a scale of 1-5, how would you rate your overall mood and functioning during the day? 5-Positive and energetic 1-Depressed and lethargic	List all activities within 2 hours of bedtime
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

ANSWER IN THE MORNING AFTER WAKING FOR THE DAY

	At what time did you first go to bed?	How long did it take you to fall asleep? (approximately)	Overall, how many hours did you sleep?	At what time did you wake up (for the last time) this morning?	In general, how did you feel when you woke up? (very refreshed, somewhat refreshed, fatigued)	On a scale of 1-5, how well did you sleep last night? (5-slept through the night, 1-awoke 4 times or more)
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						