

Sleep Diary Template

One of the best ways to tell if you're getting enough quality sleep, and showing signs of a sleep disorder, is by keeping a sleep diary or journal.

	Month/Day/Year:	Monday	Tuesday	Wed	Thurs	Friday	Saturday	Sunday
Complete in the Morning	Time I went to bed last night: Time I woke up this morning: How many hours I slept last night:							
	How many times I woke up: Total time I was awake:							
	How long it took to fall asleep:							
	What medications I took:							
	How awake did I feel when I got up this morning? 1: Wide awake 2: Awake, but a little tired 3: Sleepy							
Complete in the Evening	Number of caffeinated drinks (coffee, tea, cola): How much water I drank: Time I had my last drink:							
	Number of alcoholic drinks (beer, wine, liquor): Time I had last drink:							
	What I ate for dinner and dessert (something spicy or rich, chocolate, or just too much, etc.): What time I ate dinner/dessert:							
	What time I took a nap: How long my nap was:							
	What time I exercised: For how long:							
	How sleepy I felt today: 1: So sleepy I had to struggle to stay awake during most of the day 2: Somewhat tired 3: Fairly alert 4: Wide awake							