

My Sleep Log

Overview

What is a Sleep Log?

A sleep log is designed to gather information about your daily sleep patterns.

How often and when do I fill out the sleep log?

It is necessary for you to complete your sleep log every day. If possible, the sleep log should be completed within one hour of getting out of bed in the morning.

What should I do if I miss a day?

If you forget to fill in the log or are unable to finish it, leave the log blank for that day.

What if something unusual affects my sleep or how I feel in the daytime?

If your sleep or daytime functioning is affected by some unusual event (such as an illness, or an emergency) you may make brief notes on your log.

What do the words “bed” and “night” mean on the log?

This log can be used for people who are awake or asleep at unusual times. In the sleep log, the word “night” is the time when you choose or are trying to sleep. The term “bed” means the place where you usually sleep.

Will answering these questions about my sleep keep me awake?

This is not usually a problem. You should not worry about giving exact times, and you should not watch the clock.

Instructions

Use the guide below to clarify what is being asked for each item of the Sleep Log.

Today’s date: Write the date of the morning you are filling out the log.

- 1. Last night, what time did you turn the lights off to go to sleep?**
Do your best to accurately track this.
- 2. Today, what time did you get out of bed?**
Do your best to accurately track this.
- 3. How would you rate last night’s sleep quality overall?**
This is your personal rating (Very Bad, Fairly Bad, Fairly Good, Very Good, Don’t know)
- 4. Did you wake up in the middle of the night or early morning, before you meant to? Yes or No**
Prior to alarm or predetermined waking time
- 5. How long did it take you to fall asleep?**
Your estimate in minutes
- 6. Did you nap today? Yes or No**
 - a. If yes, what time did your nap start?** Do your best to accurately track this.
 - b. If yes, what time did your nap end?** Do your best to accurately track this.
- 7. Additional notes on how you’re feeling today, how rested, note if anything interrupted your sleep.**
This is a space for you to keep additional notes on how you are feeling and log anything that you don’t feel was captured in the questions above.

My Sleep Log

Today's Date: _____

1. Last night, what time did you turn the lights off to go to sleep? _____ (AM / PM)

2. Today, what time did you get out of bed?

3. How would you rate last night's sleep quality overall? (circle one)

Very Bad Fairly Bad Fairly Good Very Good Don't know

4. Did you wake up before you meant to? Yes No

5. How long did it take you to fall asleep? (in minutes)

6. Did you nap today? Yes No

(If Yes) What time did your nap start? _____ End: _____

7. Note how you're feeling today, how rested, if anything interrupted your sleep:

Today's Date: _____

1. Last night, what time did you turn the lights off to go to sleep? _____ (AM / PM)

2. Today, what time did you get out of bed?

3. How would you rate last night's sleep quality overall? (circle one)

Very Bad Fairly Bad Fairly Good Very Good Don't know

4. Did you wake up before you meant to? Yes No

5. How long did it take you to fall asleep? (in minutes)

6. Did you nap today? Yes No

(If Yes) What time did your nap start? _____ End: _____

7. Note how you're feeling today, how rested, if anything interrupted your sleep:
