



INSTRUCTIONS FOR THE 7-DAY SLEEP/WAKE DIARY

The diary starts at **9 a.m.** on the first day

Just before going to bed at night:

- Using the letters below, record the following activities at the appropriate times
 - C** - caffeine (one C for each cup of coffee, tea, chocolate, glass of cola etc)
 - A** - alcohol (one A for each standard alcoholic beverage)
 - N** - if you have a nap at any time during the day
 - F** - food
 - P** - sleeping pill
- Rate how good or bad your day was on the 1-5 rating scale
- Place a 'down' arrow (↓) at the time you go to bed

When you get up in the morning:

- Place a ● when you turned out your light
- Draw a thick line [————] across the graph over the times you were asleep (including daytime naps)
- Leave gaps in the line to show where you believe you were awake during the night.
- Using the letters below, mark the time at which you finally awoke and did not go back to sleep
 - S** - if awoke spontaneously
 - Al** - if awoken by an alarm or something else such as noise or another person etc.
- Mark the time you actually got out of bed with an 'up' arrow (↑)
- Estimate how long (**minutes**) it took you to fall asleep after turning out the light (**Time to fall asleep**)
- Estimate how long (**minutes**) you felt you were awake during the night after initially falling asleep and before your final awakening (**Time awake**)

Example

	AM			Noon				PM				Midnight				AM											
Day	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	Time to fall asleep	Time awake
Mo				F							F A			↓	●	————							↑	F C	30min	45min	

7-DAY SLEEP/WAKE DIARY

Name _____

Start Day and Date _____

AM			Noon				PM				Midnight				AM			Time to fall asleep	Time awake						
9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2			3	4	5	6	7	8

How did you feel today _____

Rate how your day was - very bad 1 2 3 4 5 very good

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