



## INSTRUCTIONS FOR THE 7-DAY SLEEP/WAKE DIARY

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

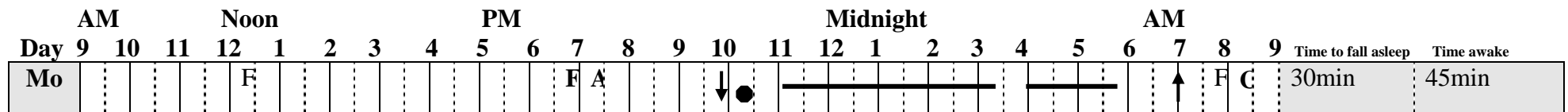
### Just before going to bed at night:

- 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



# 7-DAY SLEEP/WAKE DIARY

Name \_\_\_\_\_

Start Day and Date \_\_\_\_\_

AM			Noon							PM							Midnight				AM			Time to fall asleep	Time awake			
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	

How did you feel today \_\_\_\_\_

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

AM			Noon							PM							Midnight				AM			Time to fall asleep	Time awake			
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	

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