

# TWO WEEK SLEEP DIARY



**INSTRUCTIONS:**

1. Write the date, day of the week, and type of day: work, school, day off, vacation.
2. Put the letter “C” in the box when you have coffee, cola or tea. Put “M” when you take any medicine. Put “A” when you drink alcohol. Put “E” when you exercise.
3. Put a line (|) to show when you go to bed. Shade in the box that shows when you think you fell asleep.
4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

*\*\* SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30PM, fell asleep around midnight, woke up and couldn't go back to sleep at about 4AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7AM.*

Today's Date	Day of the Week	Type of Day: (Work, School, Off, Vacation)	NOON	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	MIDNIGHT	1:00AM	2:00AM	3:00AM	4:00AM	5:00AM	6:00AM	7:00AM	8:00AM	9:00AM	10:00AM	11:00AM
Sample	Monday	Work		E					A													C				

| \_\_\_ Week 1 \_\_\_ |  
| \_\_\_ Week 2 \_\_\_ |