

## APPENDIX 1. Daily Sleep Diary (One Week)

Your name: \_\_\_\_\_

Start date \_\_\_\_\_, 20\_\_\_\_

Fill out the following charts to help find your sleep problems. Times do not have to be exact, just estimated (such as “how long did it take you to get to sleep?”)

<b>Each MORNING complete the following</b>		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Day of the week (Mon, Tues, etc)							
1	At what time did you go to bed?							
2	At what time did you finally wake up?							
3	At what time did you ACTUALLY get up?							
4	How long do you think it took to get to sleep after settling into bed?							
5	How many times (in total) did you wake up during the night?							
6	What woke you up in the middle of the night? (noise, worry, allergies, stress, too hot/cold, other?)							
7	How long did you spend in your bed (from first getting into bed until finally getting up?)							
8	How did you feel when you woke up? Using the scale below, rate how good your sleep was. 1    2    3    4    5 Very poor ←————→ Very good							

<b>Each EVENING complete the following</b>		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Day of the week (Sat, Sun, etc.)							
1	If you had drinks with caffeine today, when? Morning (M), Afternoon (A), Evening (E) How many did you have?	M/A/E	M/A/E	M/A/E	M/A/E	M/A/E	M/A/E	M/A/E
2	Did you exercise today for at least 20 min.? When? No. Not today.	M/A/E	M/A/E	M/A/E	M/A/E	M/A/E	M/A/E	M/A/E
3	Did you take medications today? If yes, what were they?							
4	Did you take a nap? Y for yes, N for no If yes, for how long?							
5	Did you feel very sleepy during the day? Y/N							
6	How was your mood during the day? 1    2    3    4    5 Very poor ←————→ Very good							
7	About 2-3 hours before bed, did you have: Alcohol? A big meal? Caffeine?	Y/N						
8	What did you do one hour before going to sleep? (read a book, used your cell phone, took a bath, did relaxation exercises, watched TV, other?)							

**Sources: 1)** Morgan K, David B, Gascoigne C. Clinical Sleep Research Unit, 2007, Loughborough University, UK, accessed at: <http://www.nhs.uk/livewell/insomnia/documents/sleepdiary.pdf> ; **2)** National Sleep Foundation. Sleep Diary. accessed at: <http://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf> .

