

Sleep Diary

Week:	What Time Did I Go to Bed?	What Time Did I Wake Up?	Did I Have Trouble Falling Asleep (YES or NO)	Did I Awaken During The Night? How Many Times?	What Woke Me Up?	What Was I Doing 2hrs Before Bed?	How Tired Did I Feel Before Going to Bed? (0 = not tired; 5 = could not keep eyes open)	Anything I Was Worried or Stressed About?
Mon								
Tue								
Wed								
Thu								
Fri								
Sat								
Sun								

Disclaimer: This is for educational purposes only and not a substitute for professional medical advice. Always consult a qualified healthcare professional.

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Sleep Quality Scale

- **0-4 hours** - not enough 😴
- **5-6 hours** - not quite enough 🤔
- **7-8 hours** - just the right amount 😊
- **9-10 hours** - well rested but might feel too relaxed 😊

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