

Sleep Diary and Instructions

The purpose of this sleep diary is to track your basic sleep pattern and sleep efficiency.

Record the Following:

Date, Day, Work or no Work, Sleep Meds, Anything this day you felt made sleep better or worse, Naps

Time to Bed (TTB): This is the time your entered bed.

Lights Out (LO): This is the time you “shut the lights” with the intent to sleep. For example, some people like to read or watch television in bed for some time as a wind down. If you get into bed with the immediate intent to fall asleep then TTB and LO are the same time.

Sleep Onset Latency (SOL): This is the time you felt it took you to fall asleep beginning at LO.

Number of Awakenings (NWAK): This is the **number of times you felt you woke up** during the night. You can indicate the time of night you felt each wake occurred and how long it took to get back to sleep.

Total Time Awake (TTA): This is the **total amount of time you felt you were awake** during the night.

Final Awake (FA): This is the time that you woke and had no intent to get more sleep

Out of Bed (OOB): This is the time that you got out of bed with the intent to start your day.

Sleep Quality: 1 to 10 with 10 being best.

Daytime Function Quality: 1 to 10 with 10 being best (This you can note toward end of day)

How to compute

Sleep Opportunity (SO)

I would like you to **compute** how long you were **in bed**. This would just be the amount of time from TTB to OOB and is your **Sleep Opportunity**.

In this example TTB is 10:00pm and OOB is 6:00am, so TTB to OOB is 8 hours

Total Time Awake (TTA)

Simply add the total time you felt you were awake during the night.

In this example, SOL: 1 Hour, NWAK=2, NWAK Time 2am-1hr, 5am-1hr, TTA= 2 hours

Time Asleep

I would also like you to **compute** how much time you felt you were **sleeping** during the TTB to OOB period. **So, in this case, you have 8 hours – 3 hours (1 hour for SOL and 2 hours for TTA = 3 hours) which equals 5 hours of time sleeping.**

So far, in summary: This person was in bed for 8 hours, was awake for 3 hours, and slept for 5 hours

I would like you to **compute** your **Sleep Efficiency Percentage (SE%)**.

To do this, you just need to **divide your 5 hours of sleep by your 8 hours of sleep opportunity (5/8) to get .63**, and then multiply by 100 to get 63%. This indicates that you were asleep for 63% of the time that you devoted to sleep.

Finally, I would like you to record any **naps** taken, how long, and time of day.

So, your record might look like the one below, if you are able to complete all the tasks above:

10.4.17, Wed, Work, 10mg Ambien – no caffeine or alcohol, Good Day-Exercised
TTB=10:00pm, LO=10:30pm, SOL: 1 Hour, NWAK=2, NWAK Time 2am-1hr, 5am-1hr, TTA= 2 hours,
FA= 6am, OOB=6:00am.

Sleep Opportunity=8, Time Asleep=5, SE%=63%

Sleep Quality=4, Daytime Function Quality=3 (scale of 1 to 5, 5 being best)

Naps: No

If you have been prescribed Stimulus Control: Subtract the time you are got out of bed/left the bedroom from your sleep opportunity. So, if you left the bedroom for 1 hour then subtract that from 8 to get 7 and a SE% of 5/7 or 71%. It is best to have both SE%'s available for comparison. Your record might look like this.

10.4.17, Wed, Work, 10mg Ambien – no caffeine or alcohol, Good Day-Exercised
TTB=10:00pm, LO=10:30pm, SOL: 1 Hour, NWAK=2, NWAK Time 2am-1hr, 5am-1hr, TTA= 2 hours,
FA=6am, OOB=6:00am.

Sleep Opportunity=8, Time Asleep=5, SE%=63%

Stimulus Control Time = 1, Adjusted SE%=71%

Sleep Quality=4, Next Day Function=3 (scale of 1 to 5, 5 being best)

Naps: No

Fill out the diary in the morning using your best recollection. During the night do not try to figure out the time of the night, how much time has passed, and do not look at the clock. If you must be up by a certain time, setting an alarm is best. The Diary is not meant by any means to be perfect so don't stress out over it. We find that it is accurate enough even when compared to being in a lab.

If all you can do easily is record your:

Sleep Opportunity, Time Slept, and your SE%, that is fine.

In this case, just calculate your sleep opportunity, time asleep, and SE% and record on the form.

Sleep Opportunity=8, Time Asleep=5, SE%=63%

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ **Time Asleep** _____ **SE%** _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ **Time Asleep** _____ **SE%** _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ Time Asleep _____ SE% _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ Time Asleep _____ SE% _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ Time Asleep _____ SE% _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ Time Asleep _____ SE% _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ Time Asleep _____ SE% _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ Time Asleep _____ SE% _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ Time Asleep _____ SE% _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____

Name _____

Date _____ Day _____ Work/No Work-Weekday/Weekend _____

Anything this day that made sleep better or worse _____

Naps _____

Sleep Medications, Alcohol, Caffeine _____

Sleep Opportunity _____ Time Asleep _____ SE% _____

TTB _____ LO _____ SOL _____

NWAK _____ NWAK Times duration _____

TTA _____ FA _____ OOB _____

Sleep Quality _____ Next Day Function _____

Stimulus Control Time _____ Adjusted SE% _____