

COMPLETE AT BED TIME

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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I exercised at least 30 minutes at: (Circle all that apply)

= Morning; = Afternoon; = Evening

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Medications I used today:

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I took a nap today (Circle YES or NO. If YES, enter how long you napped).

YES _____
NO _____

YES _____
NO _____

YES _____
NO _____

YES _____
NO _____

YES _____
NO _____

YES _____
NO _____

YES _____
NO _____

How likely was I to doze off while doing daily activities today: (Circle one)

1 = Not at all likely; **2** = Not very likely; **3** = Somewhat likely; **4** = Very likely

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My mood today was: (Circle one) = Bad; = Okay; = Good

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Approximately 2-3 hours before going to bed I drank/ate: (Circle all that apply)

= Alcohol; = Heavy meal; = Caffeine

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I drank/ate something with caffeine at: (Circle all that apply)

= Morning; = Afternoon; = Evening

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In the hour before going to sleep, my bedtime routine included:

(e.g. read book; used electronics; took bath; did relaxation exercises; etc.)

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