WEEK 1 Start date: ____/___/___

Complete When You Wake Up										
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7				
I went to bed at: (Enter the time and circle am or pm)										
am/pm	am/pm	am/pm	am/pm	am/pm	am/pm	am/pm				
When I went to bed, I fell asleep: (Circle one) 1 = With difficulty; 2 = After some time; 3 = Easily										
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3				
I woke up during my sleep: (Enter # of times and # of minutes)										
# times	# times	# times	# times	# times	# times	# times				
# mins	# mins	# mins	# mins	# mins	# mins	# mins				
I got out of bed at: (Enter the time and circle am or pm)										
am/pm	am/pm	am/pm	am/pm	am/pm	am/pm	am/pm				
I slept a total of: (Enter approximate hours/minutes)										
My sleep was disturbed by: (List any factors that made it hard to sleep including noise, lights, pets, allergies, temperature, pain, stress, medication, etc.)										
When I wo	ka un 1 falt:	(Circle one) 1	Chill tirod 2 - Co		2 - Wido quale					
When I woke up, I felt: (Circle one) 1 = Still tired; 2 = Somewhat awake; 3 = Wide awake										
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3				

COMPLETE AT BED TIME									
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
I exercised at least 30 minutes at: (Circle all that apply) ———————————————————————————————————									
≖ ♦ €	≖ ♦ €	≖ ♦ ૯	≖ ♦ €	≖ ♦ €	≠ ♦ €	≖ • €			
Medications I used today:									
I took a nap today (Circle YES or NO. If YES, enter how long you napped).									
YES	YES	YES	YES NO	YES	YES	YES			
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									
1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4			
My mood today was: (Circle one) 💬 = Bad; 😐 = Okay; 🙂 = Good									
899	899	⊗ ⊕ ⊕	899	899	899	899			
Approximately 2-3 hours before going to bed I drank/ate: (Circle all that apply) P = Alcohol; O = Heavy meal; P = Caffeine									
9 101 <u>-</u>	9 101 <u>-</u>	9 101 🖷	9 101 😎	9 101 ₽	9 101 🗪	9 101 ■			
I drank/ate something with caffeine at: (Circle all that apply) == Morning; == Afternoon; == Evening									
≖ ☀ €	≖ ♥ €	≖ • €	≖ ⊕ €	≖ ☀ ૯	≥ ♦ €	* €			
In the hour before going to sleep, my bedtime routine included: (e.g. read book; used electronics; took bath; did relaxation exercises; etc.)									