

Weekly Sleep Log

Please estimate the times requested below rather than watching the clock to get exact times.

This is not meant to add to your sleep problem!!!

Date:							
What time did you turn the lights out to go to sleep?							
<u>About</u> how long did it take you to fall asleep? (1/2, 1, 2 hours, etc.)							
About how many times did you wake up ?							
<u>About</u> how long were you awake during the night? Total time of all awakenings (1/2, 1, 2 hours, etc.)							
What was your final wake up time?							
How many naps and how long were they?							
How many total hours did you sleep?							
Sleep medications (Indicate dose): Alcohol: amount Exercise: time of day							
Fatigue level (1-10/worst)							