

Sleep Log Instructions

Please complete your sleep log every day. If possible, within one hour of getting out of bed in the morning, and again in the evening.

What should I do if I miss a day? If you forget to fill in the log or are unable to finish it, leave it blank for that day.

What if something unusual affects my sleep or how I feel in the daytime? If your sleep or daytime functioning is affected by some unusual event (such as an illness, or an emergency) please make brief notes on your log.

Will answering these questions about my sleep keep me awake? This is not usually a problem. You should not worry about giving exact times, and you should not watch the clock. Just give your best estimate of your sleep when you get up in the morning.

Sleep Log

If you are unsure of an answer, please still write down an estimate.

Please complete this each morning

Your night's sleep last night		e.g., Thurs 15.8.19							
1. At what time did you i) wake up this morning ii) get up this morning?	7am wake 8am up								
2. At what time did you i) get into bed last night? ii) turn the light out to go to sleep last night?	10.45pm 11pm								
3. How long did it take you to fall asleep (minutes)?	45 mins								
4. How many times did you wake up <i>during</i> the night?	3								
5. How long was each awaking <i>during</i> the night?	10, 10, 20								
6. About how long did you sleep altogether? (in hours & minutes)	6 hrs 35 mins								
7. How would you rate the quality of your sleep last night? 1 = very poor 10 = excellent	6								
8. How refreshed did you feel on waking? 0 = not at all refreshed 10 = extremely refreshed	7								
9. How much alcohol, if any, did you drink last night? (within 3-4 hours of going to bed)	1 glass of wine								
10. What sleep medication, if any, did you take last night?	1 tzpam 10mg								
Your day today									
1. How much energy did you have today? 0 = none 10 = maximum	5								
2. How was your mood today? 0 = very low mood 10 = excellent mood	6								
3. Did you nap today? How long for? What time?	45min 2pm								
4. What exercise did you do today? What time? How long?	Walk.20min 9am								
5. How much caffeine did you consume? Latest time?	2 teas, 1 coffee 3pm								

Complete this each evening



Additional sleep logs can be downloaded from www.sleepmattersperth.com

