

**Sleep Diary**

Name: \_\_\_\_\_

		First day	Second day	Third day	Fourth day
<b>Complete in morning</b>	Bedtime (date/time)				
	Rise time (date/time)				
	Estimated time to fall asleep				
	Estimated number of awakenings and total time awake				
	Estimated amount of sleep obtained				
<b>Complete at bedtime</b>	Naps (number, time and duration)				
	Alcoholic drinks (number and time)				
	List stresses of the day				
	Rate how you felt today 1 = Very tired/sleepy 2 = Somewhat tired/sleepy 3 = Fairly alert 4 = Wide awake				
	Irritability level 1 = None 2 = Some 3 = Moderate 4 = Fairly high 5 = High				
	Medications				