

Sleep Diary

Track your sleep quality, duration, and daytime sleepiness in this diary, and bring it to review with your doctor.

Day							
Today's date							
What time did you get into bed last night?							
How long did it take you to fall asleep?							
What time did you wake up this morning?							
How many times did you wake up during the night?							
How long were you awake during the night?							
Last night, you slept a total of:							
How alert did you feel when you got up this morning?	<input type="radio"/> Not alert <input type="radio"/> Alert <input type="radio"/> Alert, but a little tired	<input type="radio"/> Not alert <input type="radio"/> Alert <input type="radio"/> Alert, but a little tired	<input type="radio"/> Not alert <input type="radio"/> Alert <input type="radio"/> Alert, but a little tired	<input type="radio"/> Not alert <input type="radio"/> Alert <input type="radio"/> Alert, but a little tired	<input type="radio"/> Not alert <input type="radio"/> Alert <input type="radio"/> Alert, but a little tired	<input type="radio"/> Not alert <input type="radio"/> Alert <input type="radio"/> Alert, but a little tired	<input type="radio"/> Not alert <input type="radio"/> Alert <input type="radio"/> Alert, but a little tired
How would you rate the quality of your sleep?	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good
Anything else to note? (e.g., alcohol or caffeine consumption, exercise, daytime naps, sleep disturbances)							