

Sleep Diary Instructions

- Please fill out this sleep diary every day. If possible, please fill it out within 1 hour of waking up in the morning. One way to remember is to put it on the table and fill it out while you are eating breakfast.
- **Do not worry about giving exact times and do not watch the clock.** Just give your best guess when answering the questions.

The following tell you what is being asked for each item.

1. Date: Write the date of the *morning* that you are filling out the diary (so today's date if you are filling it out about last night)
2. What time did you get into bed? Write the time that you got into bed last night. This may or may not be the same time that you tried to go to sleep. For example, if you got into bed at 10:15 p.m. and then read for 15 minutes before you closed your eyes and tried to sleep, then you got into bed at 10:15 p.m.
3. What time did you try to go to sleep? Write what time you tried to go to sleep. This may or may not be the same time that you got into bed. For our example, after reading for 15 minutes you closed your eyes and tried to go to sleep at 10:30 p.m.
4. How long did it take you to go to sleep? Starting with the time in question 2, estimate how long it took you to go to sleep.
5. How many times did you wake up, not counting your final awakening? Write how many times you woke up during the night between the time that you first went to sleep and your final awakening.
6. In total, how long did these awakenings last? Write how long you were awake between the time you first went to sleep and your final awakening. For example, if you woke up 3 times for 45 minutes, 30 minutes, and 15 minutes, add them up ($45 + 30 + 15 = 90$ minutes or 1 hour and 30 minutes).
7. What time was your final awakening? Write what time you woke up in the morning for the last time (this is usually the time your alarm goes off or someone wakes you up, but if you wake before your alarm and never go back to sleep, that is the time you would record here).
8. What time did you get out of bed for the day? Write what time you got out of bed to start your day. This may be different from your final awakening time. For example, your alarm may have woken you up at 6:30 a.m. (what you would write for question 6), but you did not get up to get ready for school until 6:45 a.m. (what you would write for question 7).
9. How would you rate the quality of your sleep? Select which answer best describes whether you thought your sleep was good or poor.
10. Comments (if applicable). This space is for you to record anything about your day or night that you think may have affected your sleep.

(continued)

Name: _____

Very poor
Poor
Fair
Good
Very good