

Example sleep diary

Bring this diary to your next appointment with your doctor

Fill this section in before you go to bed at night	Date	14 th December				
	Rate how sleepy you felt today, from 1 (very sleepy) to 5 (alert)	3				
	Time of nap(s)	2pm				
	Total time spent sleeping during naps	1h 15				
	Time and number of caffeinated drinks	2: 8am, 11am				
	Time and number of alcoholic drinks	0				
	Time and length of exercise	10am, 30 min walk				
Fill this section in when you get up in the morning	Date	15 th December				
	Time I went to bed last night	11pm				
	Time I got out of bed this morning	8am				
	Time taken to fall asleep	2h				
	Time and length of awake periods in the night	3am, 1h 30				
	Estimated total sleep time	4h 20				
	Medicines taken last night	none				
	Rate how sleepy you felt when you got up, from 1 (very sleepy) to 5 (alert)	2				