

7-DAY SLEEP/WAKE DIARY

Symbols ↓ in bed ● lights out _____ asleep * went outdoors after got up out of bed
C – caffeinated drink (eg. cola) F – food ↑ out of bed

Abbreviations SOL – Time to fall asleep (in minutes) TIB – Time In Bed (in hours)
WASO – Time spent awake during night – not including SOL (in minutes) TST – Total Sleep Time (in hours)

Example

Day	AM			Noon			PM			Midnight			AM			Daytime sleepiness	SOL	WASO	TST	TIB											
	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11						12	1	2	3	4	5	6	7	8	9	
Mon				C	F				_____		F		↓	●	_____	_____					_____	↑	F	*	8am 3	Noon 1	4pm 1	90	75	6.5	9.25

Name _____ Start Day and Date _____

Day	a.m.			Noon			p.m.			Midnight			a.m.			Daytime sleepiness	SOL	WASO	TST	TIB													
	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11						12	1	2	3	4	5	6	7	8	9			
																										8am 8am	Noon Noon	4pm 4pm					
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INSTRUCTIONS FOR THE 7-DAY SLEEP/WAKE DIARY

The diary starts at **9 a.m.** on the first day.

Just before going to bed at night:

- Using the letters below, record the following activities at the appropriate times
 - Draw a * for when you first went outside after getting out of bed
 - C – caffeine (one C for each cup of coffee, tea, chocolate, glass of cola etc.)
 - F – food
- Rate your level of sleepiness in the *Daytime Sleepiness* column by writing the number of one of the faces below that best describes how you are feeling at each of these times: '8am' 'Noon' and '4pm':



1



2



3



4



5

- Place a 'down arrow (↓) at the time you go to bed
- Place a ● just before you turn out your light

When you get up in the morning:

- Mark the time you actually got out of bed with an 'up' arrow (↑).
- Estimate how long (**minutes**) it took you to fall asleep after turning out the light and enter that estimate in the **SOL** column.
- Estimate how long (**minutes**) you felt you were awake during the night after initially falling asleep and before getting out of bed and enter that estimated time in the **WASO** column.
- Estimate how long you slept in total hours and enter that estimate in the **TST** column.
- Determine the amount of time in hours you spent in bed from (↓) to (↑) and enter that figure in the **TIB** column.