

Sleep diary

Week:	Mon/Tue	Tue/Wed	Wed/Thu	Thu/Fri	Fri/Sat	Sat/Sun	Sun/Mon
When did you go to bed?							
When did you wake up?							
How long did it take to go to sleep?							
Did you wake up during the night? <i>Number of times, how long were you awake?</i>							
Did you use sleeping pills? <i>Yes or No</i>							
How many hours, minutes have you slept?							
How did you sleep during the night? <i>1= very badly, 2= quite badly, 3= neither well nor badly, 4= quite well, 5= very well</i>							
Did you sleep during the day? How often and for how long?							

Describe with a number how you felt during the day. 1= not at all, 2= a little, 3= somewhat, 4= quite a lot, 5=a lot

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tired							
Worried							
Depressed							
Unfocused							