

SLEEP DIARY

NAME: **D.O.B.**

DATE	Naps: Times & Lengths	Medications Taken/ Amount/ Time	Coffee (C) Tea (T) & Cola Drinks (CD). No. of Cups/time	Alcoholic drinks (A) No. of Units*/time	Time in Bed before Lights out	Lights Out	Estimated time to fall asleep from lights out	Estimated number of awakenings in night/duration	Time of waking next morning	Total hours sleep/night	Overall sleep quality: Poor = 1 Average = 2
Example: Day 1 25.12.13	2pm 45mins 6.30pm 30mins	Zimovane 7.5mg x 1 10.30pm	C x 1 @ 7am T x 2 @ 6.30pm	A x 3 @ 7pm A x 1 @ 10pm	30 mins	11pm	45 ins	2am 15 mins 4.30am 1 hour	7.30am	6½ hrs	2
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

* 1 unit of Alcohol is equal to half a pint of beer, a small glass of wine or a measure of spirit