

Sample Sleep Diary

One of the best ways you can tell if you are getting enough good quality sleep, and whether you have signs of a sleep disorder, is by keeping a sleep diary. Use this sample diary to get started.

—Source: NHLBI

Name								
	Today's date (include month/day/year):	Mon*	Tues	Wed	Thurs	Fri	Sat	Sun
Complete in the Morning	Time I went to bed last night:	11 p.m.						
	Time I woke up this morning:	7 a.m.						
	No. of hours slept last night:	8						
	Number of awakenings and total time awake last night:	5 times 2 hours						
	How long I took to fall asleep last night:	30 mins.						
	How awake did I feel when I got up this morning? 1—Wide awake 2—Awake but a little tired 3—Sleepy	2						
Complete in the Evening	Number of caffeinated drinks (coffee, tea, cola) and time when I had them today:	1 drink at 8 p.m.						
	Number of alcoholic drinks (beer, wine, liquor) and time when I had them today:	2 drinks 9 p.m.						
	Nap times and lengths today:	3:30 p.m. 45 mins.						
	Exercise times and lengths today:	None						
	How sleepy did I feel during the day today? 1—So sleepy had to struggle to stay awake during much of the day 2—Somewhat tired 3—Fairly alert 4—Wide awake	1						
		* This column shows example diary entries—use as a model for your own diary notes						