



SleepBetterTips

SleepBetterTips.com sleep diary can help you discover your sleep patterns. Sleepiness can negatively impact a person's productivity and quality of life. While sleepiness is most often caused by not getting adequate sleep, sleepiness may also be caused by a sleep disorder. Our sleep diary will help you track your sleep patterns so that you can share it with your doctor. The more information your doctor has about your sleeping patterns and habits, the easier it will be to diagnose and treat your problem.

Week of: _____

Complete in the morning:

	S	M	T	W	T	F	S
What time did you go to bed?							
How long it took you to fall asleep?							
How many times you woke up last night?							
Overall, how many hours of sleep did you get?							
Was your sleep disturbed? If so, by what? (e.g., stress, temperature, snoring, noise)							
What time did you get out of bed to start your day?							
Overall, which word best describes how you feel when you woke up this morning? V=very refreshed S=somewhat refreshed F=fatigued							

Complete at end of day:

	S	M	T	W	T	F	S
Did you nap today? If so, how long?							
Did you consume any caffeinated drinks today? When? How many?							
Did you consume any alcoholic drinks today? When? How many?							
Did you exercise for at least 20 minutes today? When?							
Did you consume a heavy meal today?							
On a scale of 1 to 5, how would you rate your overall energy levels? 1 = Bone tired 5=Energetic							

This information is not intended to replace the advice of a doctor. SleepBetterTips.com disclaims any liability for your use of this information.