

Date: _____

set your
own pace

Sleep Diary

If you're concerned about your sleep, it's recommended that you speak to a doctor. If you can, monitor your sleep using this diary in the week or so leading up to your appointment. This way you'll be able to provide your doctor with specific details about your situation.

What time did you go to bed?

What time did you get out of bed?

Did you wake up in the middle of the night? How often, and how long were you awake for?

Did you have a nap during the day? How many, and how long did you sleep?

How do you feel the quality of your sleep was?

Did you drink anything caffeinated or alcoholic, or smoke tobacco? How much and at what time of day?

Did you do any exercise?

Did you take any medication?