

# TWO WEEK SLEEP DIARY

**INSTRUCTIONS:**

- 1) Write the date, day of the week and type of day (Work, School, Day Off or Vacation)
- 2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise.
- 3) Put a line "|" to show when you go to bed. Shade in the box that shows when you think you fell asleep.
- 4) Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
- 5) Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

**SAMPLE ENTRY BELOW:**

On a Monday, when I worked, I jogged on my lunch break at 1PM, had a glass of wine with dinner at 6PM, fell asleep watching TV from 7PM to 8PM, went to bed at 10:30PM, fell asleep around Midnight, woke up at 4AM and couldn't go back to sleep till about 5AM and slept till 7AM. Had coffee and medicine at 7AM.

			PM											AM												
Today's date	Day of Week	Type of Day: Work, School, Off, Vac	Noon	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Midnight	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00
11/8/2010	Monday	Work		E					A													CM				
WEEK 1																										
WEEK 2																										