

SAMPLE / EXAMPLE Sleep Log Instructions: *Log things that you did prior to 9 pm by 9 pm. All other entries should be made in the morning. Don't even think about the log at bedtime!*

Last Name: Sleepy	day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
Start date: 2/15/03	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Day of the week	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu
8:00 AM	1,3/M/C	1,3/M/C	1,3/M/C	XX	XX	1,3/M/C	1,3/M/C	1,3/M/C	1,3/M/C	1,3/M/C	XX	XX	1,3/M/C	1,3/M/C
9:00 AM				1,3/M/C	1,3/M/C						1,3/M/C	1,3/M/C		
10:00 AM	C	C	C			C	C	C	C	C			C	C
11:00 AM														
noon	M/C	M/C	M/C			M/C	M/C	M/C	M/C	M/C			M/C	M/C
1:00 PM				M/C	M/C						M/C	M/C		
2:00 PM														
3:00 PM														
4:00 PM					X							X		
5:00 PM														
6:00 PM	M/A	M/A	M/A			M/A	M/A	M/A	M/A	M/A			M/A	M/A
7:00 PM	C	C		M/A	M/A	X	C		C		M/A	M/A	C	C
8:00 PM														
9:00 PM				A						A	A			
10:00 PM	4/S/B	4/S/B	A	A			4/S/B	4/S/B	4/S/B	A	A		4/S/B	4/S/B
10:30 PM	XX	AB					XX	XX	XX				XX	XX
11:00 PM	XX	XX	A/C	4/B	4/S/B	4/S/B	XX	XX	XX	C	A	4/S/B	XX	XX
11:30 PM	XX	XX		XX	AB	XX	XX	XX	XX			XX	XX	XX
midnight	XX	XX	4/S/B	XX	AB	XX	XX	XX	XX	4/S/B	A	XX	XX	XX
12:30 AM	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX		XX	XX	XX
1:00 AM	P	XX	XX	P	P	XX	XX	AB	P	XX	4/S/B	XX	XX	AB
1:30 AM	XX	XX	XX	AB	AB	AB	AB	P	AB	XX	XX	XX	XX	XX
2:00 AM	XX	P	P	AB	XX	P	P	XX	XX	P	XX	P	P	XX
3:00 AM	XX	XX	AB	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	P
4:00 AM	XX	XX	P	XX	XX	XX	XX	XX	P	AB	P/B	XX	XX	XX
5:00 AM	P	P	XX	P	P	XX	AB	P	XX	P	XX	P	XX	P
6:00 AM	XX	XX	XX	XX	XX	P	P	XX	XX	XX	XX	XX	P	AB
7:00 AM	XX	U	XX	XX	XX	U	XX	U	U	XX	XX	XX	XX	U
7:30 AM	U		U	U	U		U			U	U	U	U	
mood @ bedtime	8	7	3	5	4	6	5	6	7	9	8	6	6	5
mood @ wakeup time	8	8	6	7	5	6	3	5	5	5	5	3	7	6
# of minutes to fall asleep	10	25	15	15	60	10	10	15	15	5	5	15	15	5
# of hours slept	9	7	4	5	8	5	6	7	7	4	5	6	7	7

MEDICATIONS	
name	dose
1. Claritin	10 mg
2. Combivent	2 puffs
3. Multivitamin	1 tablet
4. Singulair	10 mg
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

LEGEND	
MOOD:	1 = bad 10 = great
1 2 3 4 5 6 7 8 9 10	bad so-so OK good great

AWAKE OUT OF BED = leave blank
 EXERCISE = E
 SNACK = S MEAL = M
 ALCOHOL = A CAFFEINE = C
 NICOTINE = N
 Medication = # from list
 NAP = X
 BATHROOM = P
 WENT TO BED = B
 ASLEEP = XX
 AWAKE IN BED = AB
 UP FOR THE DAY = U

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Start date:	day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
Day of the week														
8:00 AM														
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3:00 AM														
4:00 AM														
5:00 AM														
6:00 AM														
7:00 AM														
7:30 AM														
mood @ bedtime														
mood @ wakeup time														
# of minutes to fall asleep														
# of hours slept														

MEDICATIONS	
name	dose
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

LEGEND

MOOD:	1 = bad	10 = great							
1	2	3	4	5	6	7	8	9	10
bad	so-so	OK	good	great					

AWAKE OUT OF BED = leave blank
 EXERCISE = E
 SNACK = S MEAL = M
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