

Stanford Sleepiness Scale (very modified)

The following exercise will help confirm at what time you tend to be the most alert during your typical day and when you tend to drag a bit. It will also help identify your ideal bedtime: within half an hour of a sleepiness rating of 4 or more, at 9 pm or later. If you are pushing past this sleepiness, you are probably missing the first and strongest sleepiness wave. This is the sleep wave that is most likely to carry you in deep, refreshing sleep, straight through till morning. Fill in how you feel at the times listed for at least 3 or 4 days, using the number or letter following the descriptions below.

Sleepiness Rating (SR)

- Able to function at peak levels; energetic, alert, wide awake 1
- Unable to read or concentrate well; feeling a bit logey; fading in and out a bit 5
- Able to function at high levels, but not peak; able to read & have a conversation 2
- Having trouble keeping your eyes open; drowsy, but fighting it 6
- Awake, but mellow or a bit groggy; responsive, but not fully alert 3
- Given up fighting sleep; eyelids very heavy; things becoming fuzzy, dream-like 7
- Having moments when it is hard to focus or concentrate, but still mostly alert 4
- Just waking up or falling asleep X
- Asleep Y

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time of day	SR	SR	SR	SR	SR	SR	SR
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
midnight							