

Stanford Sleepiness Scale (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, to see if there is a pattern that could help you establish a better bedtime.

Sleepiness Rating (SR)

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