Sleep Diary

Seven nights to see what you notice.

Fill this in each morning, while last night is still fresh in your mind.
If you woke more than once, list the times you remember. Estimates are fine.

NIGHT 01 Date (evening) _____

About what time(s) did I wake up?

About how long was I awake in all?

What did I notice when I woke up?

How did I feel in the morning?

Anything else? (Optional) Coffee, alcohol, naps, stress, or anything different

NIGHT 02 Date (evening) _____

About what time(s) did I wake up?

About how long was I awake in all?

What did I notice when I woke up?

How did I feel in the morning?

Anything else? (Optional) Coffee, alcohol, naps, stress, or anything different

NIGHT 03 Date (evening) _____

About what time(s) did I wake up?

About how long was I awake in all?

What did I notice when I woke up?

How did I feel in the morning?

Anything else? (Optional) Coffee, alcohol, naps, stress, or anything different

NIGHT 04 Date (evening) _____

About what time(s) did I wake up?

About how long was I awake in all?

What did I notice when I woke up?

How did I feel in the morning?

Anything else? (Optional) Coffee, alcohol, naps, stress, or anything different

Sleep Diary

Seven nights to see what you notice.

Keep going with nights five through seven. At the end of the week, take a moment to see if anything stands out.

NIGHT 05 Date (evening) _____

About what time(s) did I wake up?

About how long was I awake in all?

What did I notice when I woke up?

How did I feel in the morning?

Anything else? (Optional) Coffee, alcohol, naps, stress, or anything different

NIGHT 06 Date (evening) _____

About what time(s) did I wake up?

About how long was I awake in all?

What did I notice when I woke up?

How did I feel in the morning?

Anything else? (Optional) Coffee, alcohol, naps, stress, or anything different

NIGHT 07 Date (evening) _____

About what time(s) did I wake up?

About how long was I awake in all?

What did I notice when I woke up?

How did I feel in the morning?

Anything else? (Optional) Coffee, alcohol, naps, stress, or anything different

What stood out this week?

Did anything show up more than once? What would you like to remember?