

# Sleep Diary

----- AM ----- || ----- PM -----

Date	MN	1	2	3	4	5	6	7	8	9	10	11	12n	1	2	3	4	5	6	7	8	9	10	11

Use the following symbols on the above grid to record the times each of these occurred during your day.

↓ = went to sleep

↑ = woke up

draw a line between long sleep episodes

SP = sleepy

E = exercise

F = food

C = caffeine

N = nicotine or other stimulant

A = alcohol

How well rested did you feel when you woke up this morning? Respond about your longest period of sleep during the 24 hour period.

not at all ① ② ③ ④ ⑤ very rested

Example

Date	MN	1	2	3	4	5	6	7	8	9	10	11	12n	1	2	3	4	5	6	7	8	9	10	11
								↑Ⓞ CF			C		F			SP		E	F A				SP	↓