

10-Day Sleep Diary

Instructions:

1. Write the date, day of the week, and type of day:
Work, School, or Off.
2. Follow the key to add the appropriate letter in each box.
3. Rate in the last column how energized you felt the next morning. 5—extremely energized, 4—very energized, 3—moderately energized, 2—slightly energized, 1—not at all energized.

Sample entry below: On Monday, I jogged on my lunch break at 1 p.m., drank a glass of wine with dinner at 6 p.m., fell asleep watching TV from 7–8 p.m., went to bed at 10:30 p.m., fell asleep around midnight, woke up at 4 a.m., slept from 5–7 a.m., and had coffee, a multivitamin, and medicine at 7 a.m. I felt moderately energized.

- A:** Drank alcohol
- C:** Had caffeine
- D:** Took any dietary supplement
- E:** Exercised
- M:** Took any medicine
- S:** Slept at night or took a nap during the day
- X:** Went to bed for the night



Sample	Today's Date	Day of Week	Type of Day	Noon	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	Midnight	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	Energy Level	
Sample	1/1/20	Mon	Work		E					A	S			X		S	S	S	S		S	S	C, D, M					3	