

SLEEP LOG

Instructions



Osher Center
for Integrative Medicine

Complete the diary each morning. Make sure to write in the day of the week and the date at the top of each column.

1. For item 1, list the timing of any (and all) naps in which you actually slept. If you didn't take a nap, record "No nap." David napped on Sunday afternoon for forty-five minutes between 2:30 and 3:15 p.m. (David usually doesn't nap on weekdays, so on those days, he'll record "No nap" instead.)
2. For item 2, record any sleep aids, including alcohol if it was consumed for the purpose of helping you sleep. For alcohol, record the number of ounces. The following guide may help: one beer, one glass of wine, and one shot of distilled spirits (so-called "hard liquor") equal one ounce of alcohol each. If you consumed distilled spirits, or hard liquor, enter the number of shots (or ounces) you drank. For example, if you drank two martinis, these tend to have three ounces of alcohol each, so your total would be six ounces. David took five milligrams of Ambien (zolpidem) at bedtime. Although he had a glass of wine with dinner, he didn't record it, because he didn't drink it as a sleep aid.
3. For item 3a, record what time you got into bed. Please note that many people "get into bed" before they intend to fall asleep. For example, some people watch television or read in bed for thirty minutes or more before attempting to fall asleep. David went to bed at 11:00 p.m., watched the news, and then read for ten minutes. For item 3b, record what time you began "trying" to fall asleep. This might be what time you turned out the lights, turned off the TV, got into bed, or closed your eyes. Whatever behavior signifies to you that you were "trying" to fall asleep, record what time this first happened. For David this was 11:40 p.m. On some nights David sets the automatic "sleep" mode on his television for thirty minutes and then falls asleep while the news is on. If David *intends* to fall asleep in the middle of this program, he might record a time fifteen minutes from the start of the "sleep" timer on his television. The most important thing here is to make your best guess at when you attempt to fall asleep.
4. For item 4, estimate how many minutes it took you to fall asleep from the time you intended to fall asleep. On Sunday night David fell asleep seventy-five minutes after he turned off the light. He says it's generally more difficult for him to fall asleep on Sunday night than other nights.
5. For item 5, estimate how many times (if at all) you woke up after initially falling asleep. Do *not* count your final wake time. David woke up twice in the middle of the night.

6. For item 6, estimate how long you were awake each time you woke up, and add up all of these times. For example, David was awake for twenty-five minutes when he first woke up, and forty minutes the next time he woke up.
7. For item 7, record the very last time you woke up, even if you lingered in bed longer. David woke up to his alarm clock at 6:30 a.m. but stayed in bed lazing for another fifteen minutes.
8. For item 8, please record what time you actually got out of bed to start your day. David got out of bed at 6:45 a.m.
9. For item 9, if you woke up when you wanted to, or even later, write "0." Otherwise record how many minutes earlier you awoke than you'd planned or wanted to wake up. David didn't wake up earlier than he'd expected. Therefore, he recorded "0" as his answer to item 9.
10. For item 10 rate whether you experienced your sleep as low or high quality, in other words, how well you felt you slept—not to be confused with whether you slept long enough.