

SLEEP LOG

Instructions

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." In the example column on the sleep diary, David, our example person, napped on Sunday afternoon for forty-five minutes between 2:30 and 3:15 p.m.
2. For item 2, record any sleep medications and/or alcohol consumed. This includes any alcohol you consumed for any reason (recreational or to assist with 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. In the example column, you can see that David took five milligrams of Ambien (zolpidem) at bedtime.
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. As you can see in the example column, 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. As shown in the example column, on Sunday night David fell asleep seventy-five minutes after he turned off the light.
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. In the example column, you can see that 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. In the example column, you can see that 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. In the example column, you can see that 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. In the example column, you can see that David got out of bed at 6:45 a.m.
9. For item 9 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. In the example column, you can see that David rated his night of sleep as a 3.