

## Weekly Sleep Diary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Daytime Activities &amp; Pre-Sleep Ritual</b> (Fill in each night before going to bed)							
<b>Exercise</b> What did you do? When? Total time?							
<b>Naps</b> When? Where? How long?							
<b>Alcohol &amp; Caffeine</b> Types, amount and when							
<b>Feelings</b> Happiness, sadness, stress, anxiety; major cause							
<b>Food &amp; Drink</b> (Dinner/snacks) What and when?							
<b>Medications or Sleep Aids</b> Types, amount and when							
<b>Bedtime Routine</b> Meditation / Relaxation? How long?							
<b>Bed time</b>							

## Weekly Sleep Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sleeping &amp; Getting Back to Sleep</b> (Fill in each morning)							
<b>Wake-up Time</b>							
<b>Time Spent in Bed Not Sleeping</b> What did you do? (e.g., stayed in bed with eyes closed, meditated, etc.)							
<b>Sleep Breaks</b> Did you get up during the night? If so, what did you do?							
<b>Quality of Sleep &amp; Other Comments</b>							
<b>Total Sleep Hours</b>							