

INSTRUCTIONS FOR COMPLETING THE SLEEP LOG

Please complete the Sleep Log for a consecutive period of 2 weeks. It is best to fill out the log shortly after awakening each morning.

Do NOT worry about whether you are being totally accurate. Sometimes, people will try to keep track of their sleep during the night (for example, watching the clock or keeping a record of each time they wake up.) **DO NOT DO THIS.** Such an approach interferes with your normal sleep pattern. Instead, forget about the Log during the night. When you wake up in the morning, complete the Log by giving us your best estimate on each question.

EACH MORNING, take the Sleep Log and complete it according to the following instructions.

Fill in your **NAME, DATE, AND DAY OF THE WEEK** on top of the Sleep Log in the appropriate box.

1. If you took a nap yesterday, estimate how long you slept during your nap. If you took several naps, add your times together and fill in the total number of minutes you slept. If you did not take a nap, write N/A (not applicable).
2. Write the name and dosage of any medication or the amount of alcohol you took to help you sleep
3. Give the time you turned off the lights and tried to sleep last night.
4. Estimate the amount of times it took you to fall asleep.
5. Estimate the number of times you woke up during the night. **DO NOT** count your final awakening in the morning.
6. If you awoke during the night, estimate the total time you were awake. If you awoke more than once, estimate the total time for each awakening.
7. Estimate when you woke up for the final time this morning.
8. Estimate the time you actually got out of bed this morning.
9. Give your rating for each of these questions.

SLEEP LOG

SAMPLE

DAY OF THE WEEK (That you woke up)	<i>Mon.</i>							
CALENDAR DATE	<i>5/7/07</i>							
1. Yesterday I napped from _____ to _____ (note time of all naps).	<i>1:30-2:45 pm</i>							
2. Last night I took _____mg. of _____ or _____oz. of alcohol as a sleep aid.	<i>Ambien 5 mg.</i>							
3. Last night I got into bed at _____. (AM or PM?)	<i>11 pm</i>							
4. Last night I turned off the lights and attempted to fall asleep at _____ (AM or PM?)	<i>11:30 pm</i>							
5. After turning off the lights it took me about minutes to fall sleep.	<i>40 min</i>							
6. I woke from sleep _____times. (Do not count your final awakening here)	<i>2</i>							
7. My awakenings lasted _____ minutes. (List each awakening separately).	<i>25 min 40 min</i>							
8. Today I woke up at _____ (AM or PM?) NOTE this is your final awakening.	<i>6:30 am</i>							
9. Today I got out of bed for the day at _____. (AM or PM?)	<i>7:15 am</i>							
10. I would rate the quality of last night's sleep as: 1 = very poor 4 = good 2 = poor 5 = excellent 3 = fair.	<i>3</i>							
11. When I awoke today I felt: 1 = not all rested 4 = rested 2 = slightly rested 5 = well rested 3 = somewhat rested	<i>2</i>							

