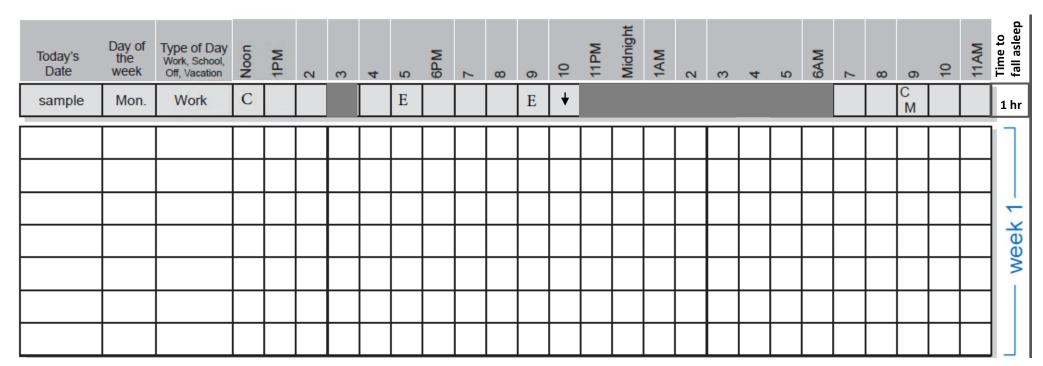


TWO WEEK SLEEP DIARY

- 1. Write the date, day of week, and type of day Work. School. Vacation. Day Off.
- 2. Put the letter "C" in the box when you have coffee, soda, tea; "M" when you take medicine; "E" when you exercise.
- 3. Put a ★ when you go to bed. Shade in the box that shows you when you think you fell asleep.
- 4. Shade in all boxes that show when you are asleep at night or when you take a nap during the day.
- 5. Leave boxes unshaded to show you are awake.
- 6. Write in how long it took you to fall asleep at night.
- 7. Example: On June 22nd (Monday when I worked) I had an hour nap at 3:00 p.m., exercised at 5:00 & 9:00 p.m., took a medicine at 9:00 a.m., went to bed at 10:00 p.m. but did not fall asleep until 11:00 p.m. I had coffee at 9:00 a.m. and a soda at noon. It took me one hour to fall asleep.





TWO WEEK SLEEP DIARY

- 1. Write the date, day of week, and type of day Work. School. Vacation. Day Off.
- 2. Put the letter "C" in the box when you have coffee, soda, tea; "M" when you take medicine; "E" when you exercise.
- 3. Put a \downarrow when you go to bed. Shade in the box that shows you when you think you fell asleep.
- 4. Shade in all boxes that show when you are asleep at night or when you take a nap during the day.
- 5. Leave boxes unshaded to show you are awake.
- 6. Write in how long it took you to fall asleep at night.
- 7. Example: On June 22nd (Monday when I worked) I had an hour nap at 3:00 p.m., exercised at 5:00 & 9:00 p.m., took a medicine at 9:00 a.m., went to bed at 10:00 p.m. but did not fall asleep until 11:00 p.m. I had coffee at 9:00 a.m. and a soda at noon. It took me one hour to fall asleep.

