

Name: \_\_\_\_\_

## Sleep Log

COMPLETE IN THE MORNING										
	I went to bed at:	I fell asleep in:	I woke up _____ times, and took me _____ to get back to sleep	I woke up at:	When I woke I felt: (choose one)	I got out of bed at:	Slept a total of:	Sleep was disturbed by: (stress, snoring, pain, etc)	Substances I took to help me sleep:	Before going to sleep I: (list activities before bed: TV, work, read, etc)
Day 1 ___/___	___ AM / PM	___ Minutes	___ Times ___ Minutes	___ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	___ AM / PM	___ Hours	___ ___ ___	___ ___ ___	___ ___ ___
Day 2 ___/___	___ AM / PM	___ Minutes	___ Times ___ Minutes	___ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	___ AM / PM	___ Hours	___ ___ ___	___ ___ ___	___ ___ ___
Day 3 ___/___	___ AM / PM	___ Minutes	___ Times ___ Minutes	___ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	___ AM / PM	___ Hours	___ ___ ___	___ ___ ___	___ ___ ___
Day 4 ___/___	___ AM / PM	___ Minutes	___ Times ___ Minutes	___ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	___ AM / PM	___ Hours	___ ___ ___	___ ___ ___	___ ___ ___
Day 5 ___/___	___ AM / PM	___ Minutes	___ Times ___ Minutes	___ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	___ AM / PM	___ Hours	___ ___ ___	___ ___ ___	___ ___ ___
Day 6 ___/___	___ AM / PM	___ Minutes	___ Times ___ Minutes	___ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	___ AM / PM	___ Hours	___ ___ ___	___ ___ ___	___ ___ ___
Day 7 ___/___	___ AM / PM	___ Minutes	___ Times ___ Minutes	___ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	___ AM / PM	___ Hours	___ ___ ___	___ ___ ___	___ ___ ___

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Day 1 ___/___	_____ AM / PM	_____ Minutes	_____ Times _____ Minutes	_____ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	_____ AM / PM	_____ Hours	_____ _____ _____	_____ _____ _____	_____ _____ _____
Day 2 ___/___	_____ AM / PM	_____ Minutes	_____ Times _____ Minutes	_____ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	_____ AM / PM	_____ Hours	_____ _____ _____	_____ _____ _____	_____ _____ _____
Day 3 ___/___	_____ AM / PM	_____ Minutes	_____ Times _____ Minutes	_____ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	_____ AM / PM	_____ Hours	_____ _____ _____	_____ _____ _____	_____ _____ _____
Day 4 ___/___	_____ AM / PM	_____ Minutes	_____ Times _____ Minutes	_____ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	_____ AM / PM	_____ Hours	_____ _____ _____	_____ _____ _____	_____ _____ _____
Day 5 ___/___	_____ AM / PM	_____ Minutes	_____ Times _____ Minutes	_____ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	_____ AM / PM	_____ Hours	_____ _____ _____	_____ _____ _____	_____ _____ _____
Day 6 ___/___	_____ AM / PM	_____ Minutes	_____ Times _____ Minutes	_____ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	_____ AM / PM	_____ Hours	_____ _____ _____	_____ _____ _____	_____ _____ _____
Day 7 ___/___	_____ AM / PM	_____ Minutes	_____ Times _____ Minutes	_____ AM / PM	___ Refreshed ___ Somewhat Refreshed ___ Exhausted	_____ AM / PM	_____ Hours	_____ _____ _____	_____ _____ _____	_____ _____ _____