

Sleep Diary

Evening / Morning Protocoll		Week from							to:
Evening (before going to sleep)		Example	Mo	Tu	We	Th	Fr	Sa	Su
1	How do you feel right now?	3							
2	What was your performance level?	4							
3	Did you sleep during the day?	15:00 0,5							
4	Have you drunk alcohol in the last 4 hours?	2 glas of wine							
5	How awake/tired do you feel now?	2							
6	When did you go to bed?	23:10							
Morning (after waking up)		Example	Mo	Tu	We	Th	Fr	Sa	Su
7	How awake/tired do you feel now?	5							
8	How do you feel right now?	4							
9	When did you turn off the light	23:30							
10	How long did it take you to fall asleep?	45							
11	How often were you awake at night?	1							
12	How long were you awake in total?	0,5							
13	When did you wake up?	07:30							
14	How long did you sleep in total?	06:50							
15	When did you get up?	07:35							
16	Did you take any medications to help you fall asleep?	Baldrian 20 dr, 22:00							
17	Have you tried anything else to fall asleep?	read a book							