7-DAY SLEEP/WAKE DIARY

Symbols

◆ in bed

◆ lights out

asleep

★ went outdoors after got up out of bed

C – caffeinated drink (eg. cola) F – food \uparrow out of bed

Abbreviations SOL – Time to fall asleep (in minutes) TIB – Time In Bed (in hours)

WASO – Time spent awake during night – not including SOL (in minutes)

TST – Total Sleep Time (in hours)

Example

AM Noon					PM								M	idnig	ht				AN	1			D	aytime				
Day 9	10	11 12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9 <i>sl</i>	eepiness	SOL	WASC	TST	TIB
Mon		C				-		- ;	F			•						.		-	↑ F	*	8an 3	1 Noon 4pm	90	75	6.5	9.25

Name_																Sta	art Ì	Day	y ai	nd I) ate																
a.m. Noon Day 9 10 11 12 1 2								p.m.										Midnight 9 10 11 12 1 2 3										.m.					Daytime				
Day 9	10	0 1	1	12	1	2	2	3	4		5	6	7	7	8	9	1	0	11	. 1	2	1	2	3	3	4	5	6)	7	8	9	sleepiness	SOL	WASO	TST	TIB
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INSTRUCTIONS FOR THE 7-DAY SLEEP/WAKE DIARY

The diary starts at 9 a.m. on the first day.

Just before going to bed at night:

- Using the letters below, record the following activities at the appropriate times
 - Draw a * for when you first went outside after getting out of bed
 - C caffeine (one C for each cup of coffee, tea, chocolate, glass of cola etc.)
 - F − food
 - Rate your level of sleepiness in the *Daytime Sleepiness* column by writing the number of one of the faces below that best describes how you are feeling at each of these times: '8am' 'Noon' and '4pm':











- Place a 'down arrow (Ψ) at the time you go to bed
- Place a just before you turn out your light

When you get up in the morning:

- Mark the time you actually got out of bed with an 'up' arrow (♠).
- Estimate how long (minutes) it took you to fall asleep after turning out the light and enter that estimate in the SOL column.
- Estimate how long (minutes) you felt you were awake during the night after initially falling asleep and before getting out of bed and enter that estimated time in the WASO column.
- Estimate how long you slept in total hours and enter that estimate in the TST column.
- Determine the amount of time in hours you spent in bed from (Ψ) to (\P) and enter that figure in the TIB column.