

Sleep Diary

Complete the diary each morning ('Day 1' will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
At what time did you go to bed last night?							
After settling down, how long did it take you to fall asleep?							
After falling asleep, about how many times did you wake up in the night?							
After falling asleep, for how long were you awake during the night in total?							
At what time did you finally wake up?							
At what time did you get up?							
How long did you spend in bed last night (from first getting in, to finally getting up)							
How would you rate the quality of your sleep last night?							
1 2 3 4 5							
V. Poor V. Good							