

### SLEEP DIARY

Day and date							
What time did you go to bed last night?							
How long did it take you to fall asleep?							
How many times did you wake in the night?							
How long was each waking period in the night?							
How long did you nap in the day?							
How many cigarettes/alcohol							
How much caffeine did you have and when was last one (incl. tea, coffee, cola drinks)?							
How much exercise did you have yesterday?							
What time did you get out of bed this morning?							
About how long did you sleep last night all together?							