14 Day Sleep Diary

Date	Did you use anything to help you sleep?	What did you eat 1 hour before bedtime?	How concerned are you about your ability to sleep? (1-3)	How many naps did you take today?	Did you have any caffeine after noon?	8 pm 9 10 11 12 am 1 2 3 4 5 6 7 8 9	How many hours in bed?	Total hours of sleep	What was your quality of sleep (1-3)	If you were awake, what did you do? (Watch TV, eat, worry, read)
Example	No	Chips	2	1	No		8	6	1	Read

Two Week Sleep Diary – Instructions

1. Put (down ↓) at the time you went to bed and the (up ↑) at the time you got up
2. Draw a line through the time you were asleep.
3. When rating "concerned about sleep" -- 1 is very concerned and 3 is the least concerned.
4. When rating "quality of sleep" -- 1 is very poor and 3 is very good sleep
5. Example shows:
   In bed at 10:30pm -- Asleep from 11pm to 3am
   Up from bed at 3:30am -- In bed at 5:30am
   Asleep from 6am to 8am -- Up for day at 8:30am