

# Two-Week Sleep Diary

1. Answer the questions in the shaded areas.
2. Draw a line through the times you were asleep.
3. Put downward-pointing arrows (↓) at the times you went to bed and upward-pointing arrows (↑) at the times you got up.

		I took a sleeping pill		(Each tick mark represents 1 hour)												1 = Poor 2 = Fair 3 = Good					
Date	YES	NO													Rate your quality of sleep	Rate your level of daytime alertness	I took a nap <small>(if yes, indicate time of nap and length. If no, leave blank)</small>	Rate your mood today			
			9:00 PM	10 PM	11 PM	Midnight	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9:00 AM	(1-3)	(1-3)	Time	Length	(1-3)	
EXAMPLE		N			↓	—	—	—	↑			↓	—	—	—	↑			4 PM	45 min	2
NIGHT 1																					
NIGHT 2																					
NIGHT 3																					
NIGHT 4																					
NIGHT 5																					
NIGHT 6																					
NIGHT 7																					
NIGHT 8																					
NIGHT 9																					
NIGHT 10																					
NIGHT 11																					
NIGHT 12																					
NIGHT 13																					
NIGHT 14																					