COMPREHENSIVE NEUROLOGY & SLEEP MEDICINE

Konrad Bakker, MD
Board Certified in Neurology and Sleep Medicine

Navid Mostofi, MD
Board Certified in Neurology Neurophysiologist

Sarah Jamieson, PA-C
NCCPA Certified Physician Assistant

Comprehensive Neurology and Sleep Medicine, P.A.

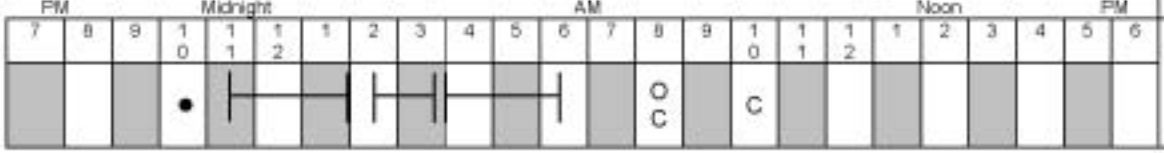
SLEEP LOG

Use these symbols:

Name: _____

- ● Lights out or in bed trying to sleep
- ⊢ Asleep
- O Lights on or out of bed for the night
- C Caffeinated coffee or soda

Sample:



Day Date	How much Sleep?	Sleeping Aid Alcohol, medicine Time, type amount	Sleep Quality	Daytime Fatigue?
Fri 7/7	6+ 1 Hr. nap	5:30 pm 1 beer 10 pm Haldon .25 mg	Hi (Med) Lo	(Hi) Med Lo

Fill out in the morning | *Fill out in the evening*

Day Date	How much Sleep?	Sleeping Aid Alcohol, medicine Time, type amount	Sleep Quality	Daytime Fatigue?
			Hi Med Lo	Hi Med Lo
			Hi Med Lo	Hi Med Lo
			Hi Med Lo	Hi Med Lo
			Hi Med Lo	Hi Med Lo
			Hi Med Lo	Hi Med Lo
			Hi Med Lo	Hi Med Lo
			Hi Med Lo	Hi Med Lo

Created by Spielinsky

172 Thomas Johnson Drive, Suite 100, Frederick, MD 21702 301-694-0900
1901 Research Boulevard, Suite 160, Rockville, MD 20850 301-294-5509
Fax: 301-694-0657 www.myneurologypractice.com