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SLEEP LOG

Use these symbols:

Name: _____

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

Sample:

PM							Midnight							AM							Noon						PM		Day Date	How much Sleep?	Sleeping Aid Alcohol, medicine Time, type amount	Sleep Quality	Daytime Fatigue?
7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6										
			●	⌊	⌊	⌊	⌊	⌊	⌊	⌊	⌊	⌊	O	C													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

PM							Midnight							AM							Noon						PM		Day Date	How much Sleep?	Sleeping Aid Alcohol, medicine Time, type amount	Sleep Quality	Daytime Fatigue?
7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6										
																																Hi Med Lo	Hi Med Lo
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