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SLEEP LOG *(rev 01/19/2011)*

Use these symbols:

Name: _____

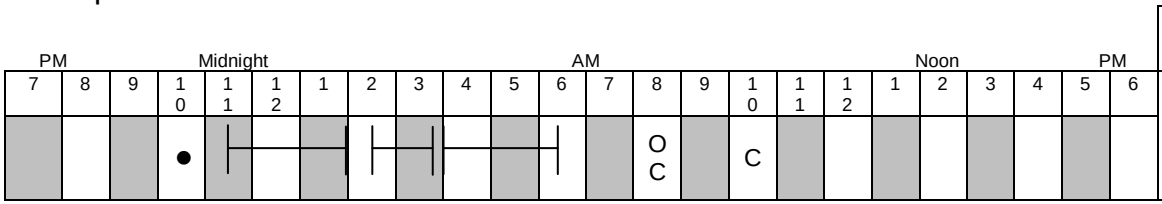
● Lights out or in bed trying to sleep

|—| Asleep

O Lights on or out of bed for the night

C Caffinated 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

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