

# SLEEP LOG

Because your daily activities can affect your sleep, keeping track of them can help you to figure out which promotes or hinders sleep for you.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time to bed last night?							
Approximate time needed to fall asleep?							
About how many times did you wake up? For about how long?							
Approximate time you woke for the last time?							
When did you get up for the last time?							
How rested did you feel in the morning? (1-10)							
How rested did you feel in the evening? (1-10)							
Rate your energy level for today. (1-10)							
How many naps today? How long?							
What else happened? (Exercise, sleep ritual, arguments, caffeine, anything you want to investigate?)							