

# TWO WEEK SLEEP DIARY



## INSTRUCTIONS:

1. Write the date, day of the week, and the type of day: School, Day Off, Vacation, etc.
2. Put the letter "C" in the box when you have caffeine, coffee, cola, tea or an energy drink.  
Put "M" in the box when you take medicine, including herbal medicine, vitamins or supplements.  
Put in an "A" when you drink alcohol and an "E" when you exercise.
3. Put an "I" to show when you go to bed. Shade in the box that shows when you think you fell asleep.
4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

Sample Entry Below: On a Monday when I was at school, I jogged at noon, fell asleep studying from 7 until 8 PM, had a beer at 10:00 PM, went to bed at 11:30 PM, fell asleep around midnight, woke up at 4 AM, went back to sleep at 5 AM until 7 AM, and had coffee and medicine at 8 AM.

Today's Date	Day of the Week	Type of Day (School, Off, Vacation, etc.)	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM
Sample	Monday	School	C M				E										A	I								


Week 1


Week 2