					NAME:		
Sleep Di	ary:			<u></u>	PERIOD:		
-	•	(Date)				
omplete after a	wakening in the	morning:					
What was I doing	before I went to b	ped?					
	tivity you were eng		edtime affect:				
The time	you went to sleep	YES NO					
Time you went	Time you fell	Number of	Time you	Δmc	ount of	Total Nighttim	
to bed.	asleep	times you	woke up	time you were		sleep	
(include	(approx.)	woke up	(include	-	e during	5.00 p	
AM/PM)	(during the	AM/PM)		night		
, ,		night (include	, ,		J		
		AM/PM)					
d you feel grogg	v after getting un i	n the marning?	VES NO				
	y after getting up i g did you feel grog	_	YES NO				
yes, for how long	g did you feel grog	_	YES NO				
	end of the day: Times y	gy? ou fell asleep	Times you wo	-	Tota	l Nap Time	
yes, for how long	end of the day: Times y	ou fell asleep ake a list)	Times you wo	that	Tota	l Nap Time	
yes, for how long omplete at the	end of the day: Times y	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	l Nap Time	
yes, for how long omplete at the	end of the day: Times y	ou fell asleep ake a list)	Times you wo	that	Tota	l Nap Time	
yes, for how long omplete at the	end of the day: Times y	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	l Nap Time	
yes, for how long	end of the day: Times y	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	l Nap Time	
yes, for how long omplete at the	end of the day: Times y	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	l Nap Time	
yes, for how long omplete at the Number of na	end of the day: aps Times y (ma	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	l Nap Time	
yes, for how long omplete at the Number of na	end of the day: Times y	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	I Nap Time	
yes, for how long omplete at the Number of na	end of the day: aps Times y (ma	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	l Nap Time	
yes, for how long omplete at the Number of na	end of the day: aps Times y (ma	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	l Nap Time	
yes, for how long omplete at the Number of na	end of the day: aps Times y (ma	ou fell asleep ake a list)	Times you wo (make a list i matches the list	that	Tota	I Nap Time	
omplete at the Number of na	end of the day: aps Times y (ma) quality of your nap	ou fell asleep ake a list) os: below, rate your a	Times you wo (make a list matches the list left)	that to the		d during the day.	
omplete at the Number of na omments on the sing the Stanford	end of the day: aps Times y (max) quality of your nap I Sleepiness Scale DEGREE	ou fell asleep ake a list) os: below, rate your a	Times you wo (make a list matches the list left)	that to the		d during the day.	
omplete at the Number of na omments on the sing the Stanford AM AM	end of the day: aps Times y (max) quality of your nap I Sleepiness Scale DEGREE 0 Feeling a	ou fell asleep ake a list) os: below, rate your a OF SLEEPINESS ctive, vital, alert, o	Times you wo (make a list is matches the list left) alertness at each	that to the	imes listed	d during the day. RATING #	
omplete at the Number of na	end of the day: aps Times y (max) quality of your nap I Sleepiness Scale DEGREE (Feeling a Functioni	ou fell asleep ake a list) os: below, rate your a	Times you wo (make a list is matches the list left) alertness at each or wide awake but not at peak	n of the t	imes listed	d during the day. RATING #	

6 AM	DEGREE OF SLEEPINESS	RATING #
8 AM	Feeling active, vital, alert, or wide awake	1
10 AM	Functioning at high levels, but not at peak; able to concentrate	2
Noon	Awake, but relaxed; responsive but not fully alert	3
2 PM	Somewhat foggy; let down	4
4 PM	Foggy; losing interest in remaining awake; slowed down	5
6 PM	Sleepy, woozy, fighting sleep; prefer to lie down and/or rest	6
8 PM	No longer fighting sleep, sleep onset soon; day-dreaming	7
10 PM	Asleep	х
Midnight		