COMPLETE IN THE M	OKNING							
What time did you go to bed?	11:00 PM							
How long did it take to fall asleep?	45 minutes							
What time did you wake up this morning?	6:00 AM	Z	>	œ T		5	×	
How many times did you wake up during the night?	Twice	0			L	1.2	0	U)
How many hours of sleep did you get last night?	6 1/2	>	>	>	>	>	3	>-
Rate your sleep on a scale of 1 – 10 (10 is completely refreshed)	6					m.		

Did you have a nap today? How long did you sleep?	Yes, 60 minutes			Ш				Z
Did you have caffeine (coffee or cola)? How much?	Yes, two cups of coffee	7		02				
Did you have alcohol today? How much?	One beer with dinner	0		<u> </u>	ŭ.	II.	5	50
Any unusual stresses today?	Yes, car broke down on the way to work				3			
Rate how alert you are on a scale of 1 – 10	4		ă				Õ	Ô

SLEEP DIARY - WEEK 1

COMPLETE IN THE M	ORNING							
What time did you go to bed?	11:00 PM							
How long did it take to fall asleep?	45 minutes				ne.			Z
What time did you wake up this morning?	6:00 AM	Z	8		3	>	><	>
How many times did you wake up during the night?	Twice						Un.	
How many hours of sleep did you get last night?	6 1/2	>	>	>	>	>	>	>
Rate your sleep on a scale of 1 – 10 (10 is completely refreshed)	6				à	6		A.

Did you have a nap today? How long Yes, 60 minutes did you sleep? Did you have caffeine Yes, two (coffee or cola)? cups of coffee How much? Did you have alcohol One beer today? How much? with dinner Yes, car broke Any unusual stresses down on the way today? to work Rate how alert you are on a scale of 1 – 10 4 (10 is completely alert)

DIARY - WEE