## One Week Sleep Diary

Date:

- M: woke up in the Morning
- G: Got out of bed
- B: Got in bed
- S: Fell asleep
- A: Alcohol
- C: Caffeine
- E: Exercise
- D: Sleep disturbed

| Day of the week | Type of Day Work, School Off, | Notes <br> Woke refreshed Woke fatigued Woke up a lot Trouble falling asleep <br> Sleep disturbed by | $\sum_{0}$ | N | $\infty$ | の | 안 | $\frac{\sum_{n}}{\Gamma}$ |  | $\underset{\mathbb{K}}{ }$ | $\sim$ | m | * | 10 | $\sum_{\substack{~}}$ | N | $\infty$ | a | 악 | $\underset{\sim}{i}$ |
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| Monday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

