## **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 Woke refreshed Woke fatigued Woke up a lot Trouble falling asleep Sleep disturbed by	6РМ	7	8	6	10	11PM	Midnight	1AM	2	3	4	5	6AM	7	8	6	10	11AM
Monday																				
Tuesday																				
Wednesday																				
Thursday																				
Friday																				
Saturday																				
Sunday																				