

Two Week Sleep Diary



INSTRUCTIONS:

Write the date and what kind of day it is — work, school, day off, or vacation — then use the hour boxes to track how your day goes. Add “C” when you have coffee, soda, or tea; “M” when you take medicine; “A” when you drink alcohol; “E” when you exercise; and “N” if you take a nap. When you go to bed, mark “B.” The next morning, mark “Z” at the time you think you fell asleep and “W” for the time you wake up.

Date	Type of Day	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	8 AM	9 AM	10 AM	11 AM
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WEEK 1

WEEK 2

*Adapted from American Academy of Sleep Medicine