## **DAILY SLEEP DIARY**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Did you use a laptop or cell phone in bed?							
Did you watch TV in bed?							
What time did you turn-off electronics?							
What time did you get into bed?							
How long did it take for you to fall asleep?							
After falling asleep, how many times did you wake up in the night?							
If you woke-up during the night, did you use any electronics?							
Is your bed comfortable?							
Was the temperature in the room comfortable?							
What time did you finally wake up?							
What time did you get up out of bed?							
How long did you spend in bed last night, from first getting in, to finally getting up?							
Average total hours of sleep?							
How would you rate the quality of your sleep last night?							
1 2 3 4 5 V.Poor V.Good							