

# Sleep Journal

COMPLETE IN THE MORNING	Today's date (month/day/year)	Monday*						
	Last night I went to bed at:	11 pm						
	This morning I woke up at:	7 am						
	Number of hours I slept last night:	8						
	Number of times I woke up during the night:	5 times						
	Total time I stayed awake last night:	2 hours						
	How long it took me to fall asleep last night:	30 min						
	Medications I took last night:	None						
COMPLETE IN THE EVENING	When I awoke this morning I felt: 1 – wide awake and refreshed 2 – Awake but a little tired 3 – Tired and very sleepy	2						
	Number of caffeinated drinks (coffee, tea, cola) I had today:	1						
	The time I drank them today:	8 pm						
	Number of alcoholic drinks I had today:	2						
	The time I drank them today:	9 pm						
	Number of naps I took today and the length of time:	1 at 3:30 pm 45 min						
	Number of times I exercised today and the length of time:	None						
	During the day today, I felt: 1 – Extremely sleepy and I struggled to stay awake during much of the day 2 – somewhat tired 3 – fairly alert 4 – wide awake	1						

\* This column shows example journal entries—use as a model for your own notes.