

# SLEEP DIARY

Fill out your sleep diary every morning. Guess the approximate times, there's no need for clock-watching. At the end of the week use Sleep Haven's on-line calculator to review your Sleep Efficiency.

Week		Night 1	Night 2	Night 3	Night 4	Night 5	Night 6	Night 7
Start Date Week .....	Day of Week							
What time did you go to bed?								
What time did you first try to go to sleep?								
What time did you fall asleep?								
How many times did you wake in the night?								
How long did these awakenings last in total?								
What time did you wake for the final time this morning?								
What time did you get out of bed for the day?								
How would you rate the quality of your sleep? (1 Terrible, 2 Bad, 3 OK, 4 Good, 5 Great)								
<b>Total Sleep Time</b> In total, how many hours' sleep did you get?								
<b>Total Time in Bed</b> In total, how long were you in bed?								
<b>Sleep Efficiency %</b> (Total Sleep Time ÷ Total Time in Bed X 100 = %)		%	%	%	%	%	%	%

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Note any factors that helped with sleep or may have been unhelpful for your sleep. You're looking for clues and patterns...

Week	Night 1	Night 2	Night 3	Night 4	Night 5	Night 6	Night 7
Start Date Week ..... Day of Week .....							
Any factors that may have been unhelpful for your sleep last night?							
Any factors that may have helped with sleep last night?							

Observations & Insights: .....

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