

SLEEP LOG

Instructions

1. For item 1, list the timing of any (and all) naps during which you actually slept. If you didn't take a nap, write "No nap." In the example column on the sleep log, our example person napped on Sunday afternoon for forty-five minutes between 2:30 and 3:15 p.m.
2. For item 2, record any sleep medications taken and/or alcohol drunk. This includes any alcohol you drank for any reason (recreational or to assist with sleep). For alcohol, record the number of ounces and the type of beverage. For example, 12 oz. beer, 5 oz. wine, 1.5 oz. spirits (all of which equate to 1 standard cocktail). Keep in mind that drinks vary; for example, if you drank two martinis, these tend to have three ounces of alcohol each, so your total would be six ounces of spirits. In the example column, you can see that our example person took 5 mg of Ambien (zolpidem) at bedtime.
3. For item 3a, record what time you physically got into bed. Please note that many people "get into bed" before they intend to fall asleep. For example, some people watch TV, use their smartphones, or read a book in bed for thirty minutes or more before trying to fall asleep. For item 3b, record what time you began "trying" to fall asleep. Whatever behavior signifies to you that you were "trying" to fall asleep, record what time this first happened.

Our example person got into bed at 11:00 p.m. and watched TV until 11:40 p.m. when he turned off the TV and began trying to fall asleep. On some nights David sets the automatic "sleep" mode on his television for thirty minutes and then falls asleep while the news is on. If David *intends* to fall asleep in the middle of this program, he might record a time fifteen minutes from the start of the "sleep" timer on his television. The most important thing here is to make your best guess of the time when you begin trying to fall asleep.

4. For item 4, estimate how many minutes it took you to fall asleep starting at the time you intended to fall asleep. In the example column, you can see our example person reported falling asleep seventy-five minutes after he began trying to fall asleep.
5. For item 5, estimate how many times (if at all) you woke up after initially falling asleep. Do *not* count your final wake time. In the example column, you can see that our example person woke up three times in the middle of the night.
6. For item 6, estimate how long you were awake each time that you woke up. In the example column, you can see that our example person was awake for twenty-five minutes when he first woke up, forty minutes the second time he woke up, and 10 minutes the third time he woke up.
7. For item 7, record the very last time you woke up, even if you lingered in bed longer. In the example column, you can see that our example person woke up to his alarm clock at 6:30 a.m. but stayed in bed for another fifteen minutes.
8. For item 8, please record what time you actually got out of bed to start your day. In the example column, you can see that our example person got out of bed at 6:45 a.m.
9. For item 9 rate the quality of your sleep. In other words, rate how well you felt you slept—not to be confused with whether you slept long enough. In the example column, you can see that our example person rated his night of sleep as a 3.