

INSTRUCTIONS FOR THE 7-DAY SLEEP/WAKE DIARY

The diary starts at **9 am** on the first day.

Just before going to bed at night:

Using the letters below, record the following activities at the appropriate times

- Draw a * for when you first went outside after getting out of bed
- C – caffeine (one C for each cup of coffee, tea, chocolate, glass of cola, energy drink etc.)
- F – food
- A – alcohol
- M - medication
- Rate your level of sleepiness in the *Daytime Sleepiness* column by writing the number of one of the faces below that best describes how you are feeling at each of these times: ‘8am’ ‘Noon’ and ‘4pm’:



1



2



3



4



5

- Place a ‘down’ arrow (↓) at the time you go to bed
- Place a ● just before you turn out your light

When you get up in the morning:

- Mark the time you actually got out of bed with an ‘up’ arrow (↑).
- Estimate how long (**minutes**) it took you to fall asleep after turning out the light and enter that estimate in the **SOL** column.
- Estimate how long (**minutes**) you felt you were awake during the night after initially falling asleep and before getting out of bed and enter that estimated time in the **WASO** column.
- Estimate how long you slept in total hours and enter that estimate in the **TST** column.
- Determine the amount of time in hours you spent in bed from (↓) to (↑) and enter that figure in the **TIB** column.