7-DAY SLEEP/WAKE DIARY

Abbreviations SOL – Time to fall asleep (in minutes)

WASO – Time spent awake during night – not including SOL (in minutes) **TST** – Total Sleep Time (in hours)

Example

	AM		Noon	1				PM						M	idnig	ght				AN	1				Daytime				
Day 9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	sleepiness	SOL	WASC	TST	TIB
Mon			c F				_		-	F			\						-		-	1 F	*		8am Noon 4pm 3 1 1	90	75	6.5	9.25

Name	Start	t Day and Date		
a.m. Noon	p.m.	Midnight	a.m. Daytim	e
Day 9 10 11 12 1 2 3 4	5 6 7 8 9 1	10 11 12 1 2 3 4	5 6 7 8 9 sleepine	ess SOL WASO TST TIB
			8am Noor	
			8am Noor	
			8am Noor	
			8am Noor	4pm
			8am Noor	4pm
			8am Noor	4pm
			8am Noor	4pm

INSTRUCTIONS FOR THE 7-DAY SLEEP/WAKE DIARY

The diary starts at 9 a.m. 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 etc.)
 - F − food
 - 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':











- Place a 'down arrow (Ψ) 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 (Ψ) to (Λ) and enter that figure in the TIB column.