

Three-week sleep diary



	what time did you go to bed last night?	how long did it take you to fall asleep?	about how many times did you wake up in the night?	for how long were you awake during the night in total?	at what time did you finally wake up?	at what time did you get up?	how long did you spend in bed last night?	how would you rate the quality of your sleep last night?
Day 1								☆☆☆☆☆
Day 2								☆☆☆☆☆
Day 3								☆☆☆☆☆
Day 4								☆☆☆☆☆
Day 5								☆☆☆☆☆
Day 6								☆☆☆☆☆
Day 7								☆☆☆☆☆

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Day 5								☆☆☆☆☆
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Day 6								☆☆☆☆☆
Day 7								☆☆☆☆☆

NOTES:

- Sleep Diary to be completed in the morning, for example, Day 1 is the first morning.
- Sleep Diary is „more art than science“ therefore importance is to take notes, and emphasis is on capturing records as estimates as oppose to precise answers.