

Sleep Diary

Date _____

Complete after awakening:

Time you went to bed _____

Time you fell asleep _____

Time you woke up _____

Number of times awakened during the night _____

Amount of time awake during the night _____

Total Nighttime sleep _____

Comments on quality of night's sleep:

Did you feel groggy after getting up in the morning? Yes _____ No _____

If yes, for how long? _____

Complete at the end of the day:

Naps: _____

Time fell asleep _____

Time awoke _____

Total Nap Time _____

Comments on quality of naps: _____

Using the Stanford Sleepiness scale below, note your alertness during the day:

- | | | |
|---|---------------|---------------|
| 1) Feeling active, vital, alert, wide awake | 6:00am _____ | 4:00pm _____ |
| 2) Functioning at a high level, not at peak | 8:00am _____ | 6:00pm _____ |
| 3) Relaxed, not full alertness, responsive | 10:00am _____ | 8:00pm _____ |
| 4) A little foggy, not at peak, let down | Noon _____ | 10:00pm _____ |
| 5) Tired, losing interest, slowed down | 2:00pm _____ | Mdnt _____ |
| 6) Sleepiness, prefer to be lying down | | |
| 7) Almost in a reverie, hard to stay awake | | |

How was your overall sleepiness/alertness today (1-7)? _____

Other comments on mental and physical :

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? Score yourself using the following scale:

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

_____ Sitting and reading

_____ Watching TV

_____ Sitting, inactive in a public place (e.g., a theater or a meeting)

_____ As a passenger in a car for a hour without a break

_____ Lying down to rest in the afternoon when circumstances permit

_____ Sitting and talking to someone

_____ Sitting quietly after a lunch without alcohol

_____ In a car, while stopped for a few minutes in traffic

_____ **Total Score**

Evaluate your total score:

0-5 Slight or no sleep debt

6-10 Moderate sleep debt

11-20 Heavy sleep debt

21-25 Extreme sleep debt