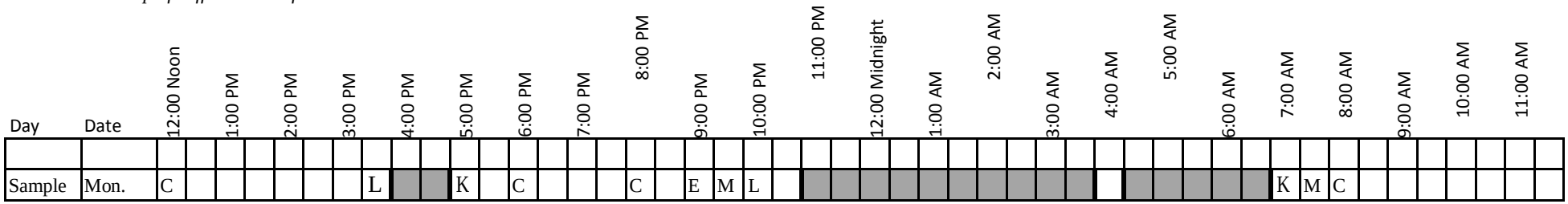
Courtesy of INLAND PAIN MEDICINE

SLEEP DIARY

INSTRUCTIONS:

1. Write the day of the week date.
2. Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise.
3. Draw an arrow down (L) to show when you go to bed.
4. Draw a straight line (|) down to show when you think you fell asleep.
5. Draw a straight line (|) down to show when you think you woke up.
6. Shade in all the boxes that show when you are asleep.
7. Draw an arrow up (K) to show when you got out of bed. Shade in all the boxes that show when you are asleep.
8. Record naps in the same way.

Example: On Monday I had three Diet Cokes and took at nap from 4:00 to 5:00 PM. I lifted weights and ran at 9:00 PM, took Benadryl before bedtime to help me sleep. I went to bed at 10:00 PM but did not fall asleep until about 11:00 PM. I woke up at 4:00 AM to go to the bathroom and fell asleep again after about 30 minutes. I woke up at 7:00 AM to the alarm. I took my Ritalin at 7:00 AM and had a cup of coffee at breakfast.