Patient Name	Week of:

## REMEMBER TO FILL THIS SLEEP DIARY OUT EACH MORNING AFTER YOU ARE FULLY AWAKE

1.	Today's date	10/14/2019								
2.	Today's day	Monday morning								
3.	Yesterday, how much time did you spend napping? (include unintended naps)	15 minutes								Average nap time =
4.	Last night, what time did you get into bed?	10:15 PM								Average TTB/ time to bed =
5.	How many minutes did it take you to fall asleep after you got into bed?	5 minutes								Average SOL sleep onset latency=
6.	How many times did you wake up after you fell asleep but before you woke up for the final time in the morning?	3 x								Average NASO # awakenings =
7.	In total, how many minutes were you awake during those nighttime awakenings?	90 minutes all together								Average WASO/ wake- fulness time =
8.	This morning, what was the <u>last time</u> you woke up and <u>did not fall back to</u> <u>sleep</u> ?	6:30 AM								
9.	This morning, what time did you get out of bed for the day?	6:45 AM								Average TOB/ time out of bed
10.	How would you rate the quality of your sleep last night?	1. Very poor 2. Poor 3. Fair 4. Good 5.Very Good	1. Very poor 2. Poor 3. Fair 4. Good 5. Very Good	Average SQ/ Sleep Quality =						
11.	Comments (including any medications and dosage taken before bed)	melatonin 5mg had a cold, coyotes howled	TST= TIB=	Average TST TIB						