

## TWO WEEK SLEEP DIARY

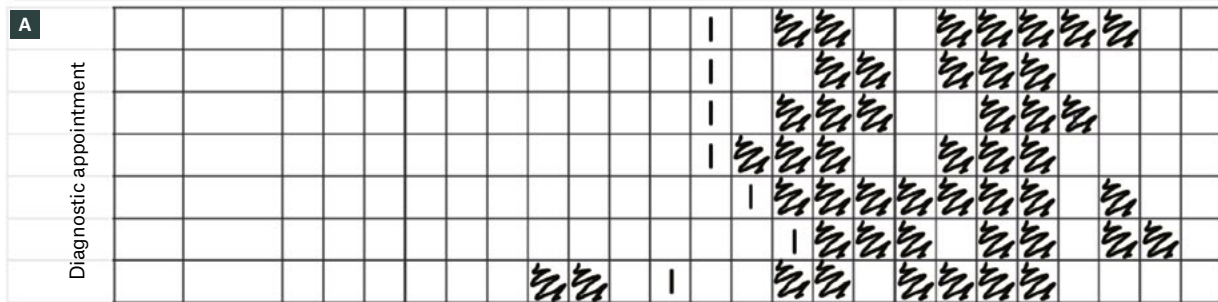
**INSTRUCTIONS:**

1. Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation.
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. Put a line (l) to show when you go to bed. Shade in the box that shows when you think you fell asleep.
4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

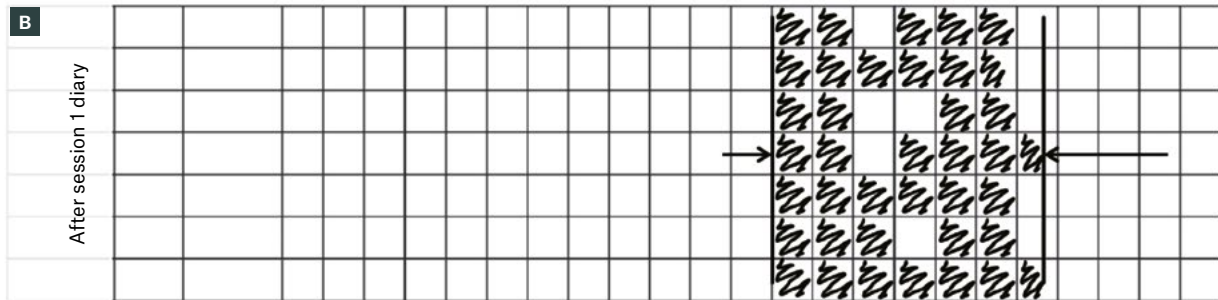


*SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around Midnight, woke up and couldn't get back to sleep at about 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7:00 in the morning.*

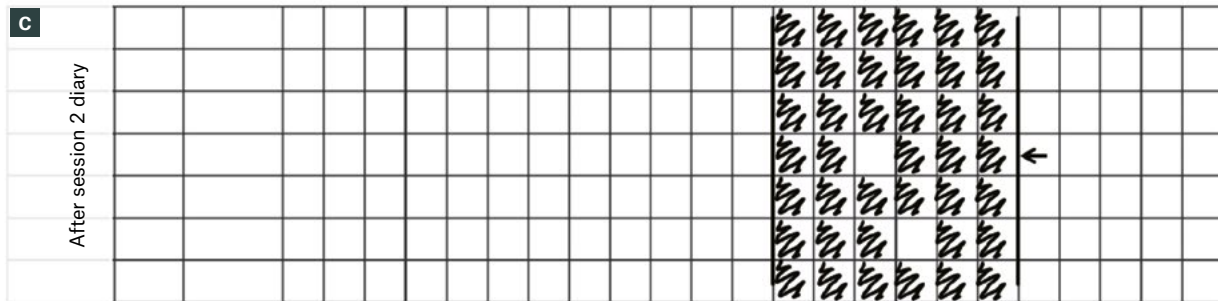
Today's Date	Day of the week	Type of Day Work, School, Off, Vacation	Noon	1PM	2	3	4	5	6PM	7	8	9	10	11PM	Midnight	1AM	2	3	4	5	6AM	7	8	9	10	11AM
sample	Mon.	Work		E					A				l									C	M			



Average for the week: 6.5 hours asleep, 2.3 hours awake. Therefore, new bedtime 'window' restricted to 6.5 hours.



Average for the week: 5.5 hours asleep, 1 hour awake. Therefore, new bedtime 'window' restricted by 30 minutes to 6 hours.



Average for the week: 5.7 hours asleep, 0.3 hours awake. Therefore, new bedtime 'window' extended by 30 minutes to 6.5 hours.

**Figure 2.** Example sleep diaries during bedtime restriction

**A.** Average time awake was initially >30 minutes. Therefore, the bedtime window was restricted to average sleep time (ie 6.5 hours); **B.** By session 2, average time awake remained >30 minutes, so the bedtime window was restricted by an additional 30 minutes; **C.** By session 3, average awake time was <30 minutes, so the bedtime window was increased by 30 minutes for the next week.