



NORTHSHORE SLEEP MEDICINE

SLEEP DIARY

Answer in the morning after waking for the day

	What time did you go to bed last night?	Approximately how long did it take you to fall asleep?	How many times, if any did you wake during the night?	Overall, how many hours do you think you slept?	At what time did you wake up this morning?	In general, how did you feel when you woke up?
DAY 1						Very refreshed Somewhat refreshed Fatigued
DAY 2						Very refreshed Somewhat refreshed Fatigued
DAY 3						Very refreshed Somewhat refreshed Fatigued
DAY 4						Very refreshed Somewhat refreshed Fatigued
DAY 5						Very refreshed Somewhat refreshed Fatigued
DAY 6						Very refreshed Somewhat refreshed Fatigued
DAY 7						Very refreshed Somewhat refreshed Fatigued

Please add any additional comments below:



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Answer before going to sleep/bed

	How much time, if any, do you spend napping during the day?	Did you consume any of these substances today? (Please list all medications taken)	On a scale of 1 to 5, how would you rate your overall function during today?
DAY 1		Caffeine, within 6 hrs of bedtime Alcohol, within 1 hr of bedtime Medication(s):	5 Energetic 4 3 2 1 Lethargic
DAY 2		Caffeine, within 6 hrs of bedtime Alcohol, within 1 hr of bedtime Medication(s):	5 Energetic 4 3 2 1 Lethargic
DAY 3		Caffeine, within 6 hrs of bedtime Alcohol, within 1 hr of bedtime Medication(s):	5 Energetic 4 3 2 1 Lethargic
DAY 4		Caffeine, within 6 hrs of bedtime Alcohol, within 1 hr of bedtime Medication(s):	5 Energetic 4 3 2 1 Lethargic
DAY 5		Caffeine, within 6 hrs of bedtime Alcohol, within 1 hr of bedtime Medication(s):	5 Energetic 4 3 2 1 Lethargic
DAY 6		Caffeine, within 6 hrs of bedtime Alcohol, within 1 hr of bedtime Medication(s):	5 Energetic 4 3 2 1 Lethargic
DAY 7		Caffeine, within 6 hrs of bedtime Alcohol, within 1 hr of bedtime Medication(s):	5 Energetic 4 3 2 1 Lethargic