|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SLEEP DIARY | | | | | | | | | | |
| week starting: | Last night I went to bed at: | This morning I got up at: | So I was in bed for (mins): | It took me ? Mins to fall asleep: | I woke ? Number of times | On average I was awake for ? mins each time | I stayed in bed for ? mins after I woke for the final time | During the night I was awake for ? Mins: | In total I think I slept for ? Mins | Other info |
| Night 1 |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |
| Total |  |  |  |  |  |  |  |  |  |  |
| Average in minutes |  |  |  |  |  |  |  |  |  |  |
| Average in hours and minutes |  |  |  |  |  |  |  |  |  |  |