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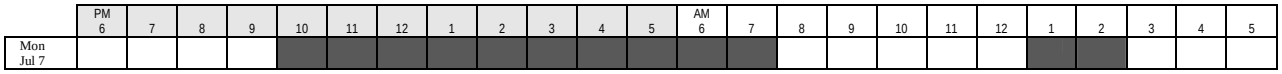
*EXAMPLE for completing sleep logs

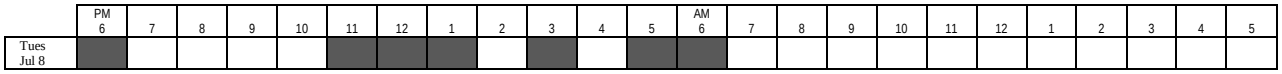
SLEEP LOGS

(1) With a black marker, fill in time slept. (2) Fill in all nap times during the day. (3) Rate your sleep.



0 (very poor) – 10 (very good) sleep was rated 7

0 (exhausted) – 10 (refreshed), this morning I felt 6



0 (very poor) – 10 (very good) sleep was rated 4

0 (exhausted) – 10 (refreshed), this morning I felt 3

Patient Name: _____ Week Beginning: _____

	PM 6	7	8	9	10	11	12	1	2	3	4	5	AM 6	7	8	9	10	11	12	1	2	3	4	5
Date																								

0 (very poor) – 10 (very good) sleep was rated _____ 0 (exhausted) – 10 (refreshed), this morning I felt _____

	PM 6	7	8	9	10	11	12	1	2	3	4	5	AM 6	7	8	9	10	11	12	1	2	3	4	5
Date																								

0 (very poor) – 10 (very good) sleep was rated _____ 0 (exhausted) – 10 (refreshed), this morning I felt _____

	PM 6	7	8	9	10	11	12	1	2	3	4	5	AM 6	7	8	9	10	11	12	1	2	3	4	5
Date																								

0 (very poor) – 10 (very good) sleep was rated _____ 0 (exhausted) – 100 (refreshed), this morning I felt _____

	PM 6	7	8	9	10	11	12	1	2	3	4	5	AM 6	7	8	9	10	11	12	1	2	3	4	5
Date																								

0 (very poor) – 10 (very good) sleep was rated _____ 0 (exhausted) – 10 (refreshed), this morning I felt _____

	PM 6	7	8	9	10	11	12	1	2	3	4	5	AM 6	7	8	9	10	11	12	1	2	3	4	5
Date																								

0 (very poor) – 10 (very good) sleep was rated _____ 0 (exhausted) – 10 (refreshed), this morning I felt _____

	PM 6	7	8	9	10	11	12	1	2	3	4	5	AM 6	7	8	9	10	11	12	1	2	3	4	5
Date																								

0 (very poor) – 10 (very good) sleep was rated _____ 0 (exhausted) – 10 (refreshed), this morning I felt _____