SLEEP LOG

NAME:_____   DATE LOG STARTED:_____

INSTRUCTIONS:
1. Leave the times you are awake BLANK
2. SHADE the times when you sleep
3. ARROW UPWARD when you awaken (include naps)
4. ARROW DOWN anytime you lay down to sleep
5. Enter "M" for meals, "S" for snacks, "D" for alcoholic drinks

EXAMPLE

DATE	A.M.							P.M.												A.M.					
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
			M				M		S			M							↓						↑

WEEK ONE

DATE	A.M.							P.M.												A.M.					
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6

WEEK TWO

DATE	A.M.							P.M.												A.M.					
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6

COMMENTS: _____

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Figure 2. The sleep log.