INSTRUCTIONS FOR COMPLETION OF FRONT

EACH MORNING ON AWAKENING:

***Enter the day and date you went to sleep**
***Complete the log using the KEY.**
***Each block equals one hour.**
***Smaller markers are half hours.**
***Shade in all the boxes to show when you are asleep at night or when you take a nap during the day.**
***Leave boxes unshaded to show when you wake up at night and when you are awake during the day.**

SAMPLE ENTRY BELOW: On Monday when I went to work, I jogged on my lunch break at 1 PM, took a nap from 2:30-4:00, had a glass of wine with dinner at 6:30 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around Midnight, woke up around 4 AM and couldn't go back to sleep, finally fell back to sleep at 5:30 and slept until 7 AM, got out of bed at 7:15, I had coffee and medicine at 7:30 in the morning.

Today's Date	Day of the week	Type of Day: (work, school, off, vacation, etc.)	12 noon	1pm	2	3	4	5	6	7	8	9	10	11	12am	1	2	3	4	5	6	7	8	9	10	11
3-14-08	Monday	Work		E	N	N			A	S			↓		S	S	S	S	W	S	S	↑CM				

PLEASE TOTAL AND FILL COLUMN AS SOON AS YOU GET OUT OF BED

	Total hrs. in bed	Total hrs. asleep	Min. to fall asleep	# of awaken-ings	Tim awk. after sleep onset	Sleep Medication Used	Amt. of alcohol +24 hrs.	Amt. of caffeine +24 hrs.	# of cigarettes in 24 hrs.	Other	Other	Comments
Wk 1												
Wk 2												