

Sleep Diary

Name _____

Date begun _____

Note to students: For the period **FRI./Saturday**, indicate your bedtime Friday night and your wake time on Saturday morning. Treat other time periods similarly: day in **bold capital letters** for **bedtime**; day in *italics* for *wake time*.

Master 0.1

	FRI. <i>Saturday</i>	SAT. <i>Sunday</i>	SUN. <i>Monday</i>	MON. <i>Tuesday</i>	TUES. <i>Wednesday</i>	WED. <i>Thursday</i>	THURS. <i>Friday</i>	FRI. <i>Saturday</i>	SAT. <i>Sunday</i>	SUN. <i>Monday</i>	AVERAGE
Bedtime (to nearest quarter hour)											
Wake time (to nearest quarter hour)											
Total sleep time (hours)											
Number of awakenings during the night											
Number of caffeinated drinks	Friday Morning: Afternoon: Evening:	Saturday Morning: Afternoon: Evening:	Sunday Morning: Afternoon: Evening:	Monday Morning: Afternoon: Evening:	Tuesday Morning: Afternoon: Evening:	Wednesday Morning: Afternoon: Evening:	Thursday Morning: Afternoon: Evening:	Friday Morning: Afternoon: Evening:	Saturday Morning: Afternoon: Evening:	Sunday Morning: Afternoon: Evening:	Morning: Afternoon: Evening:

Have you been told by a family member that you snore? yes_____ no_____

Do you believe that you often have difficulty sleeping (falling asleep, awakening during the night, awakening unrefreshed)? yes_____ no_____

Recording Bedtimes and Wake Times

If your bedtime is:	Record this number as your bedtime in your Sleep Diary	If you wake up at:	Record this number as your wake time in your Sleep Diary
9:30 p.m.	9.50	5:30 a.m.	5.50
10:00	10.00	5:45	5.75
10:15	10.25	6:00	6.00
10:30	10.50	6:15	6.25
10:45	10.75	6:30	6.50
11:00	11.00	6:45	6.75
11:15	11.25	7:00	7.00
11:30	11.50	7:15	7.25
11:45	11.75	7:30	7.50
12:00 a.m.	12.00	7:45	7.75
12:15	12.25	8:00	8.00
12:30	12.50	8:15	8.25
12:45	12.75	8:30	8.50
1:00	13.00	8:45	8.75
1:15	13.25	9:00	9.00
1:30	13.50	9:15	9.25
1:45	13.75	9:30	9.50
2:00	14.00	9:45	9.75
2:15	14.25	10:00	10.00
2:30	14.50	10:15	10.25
2:45	14.75	10:30	10.50
3:00	15.00	10:45	10.75

Sleepiness Scale

Name _____

Date _____

Use the following scale to assess your sleepiness at the times indicated in the table below.

- | Score | Description |
|-------|---|
| 1 | feeling active and vital, alert; wide awake |
| 2 | functioning at high level, but not at peak; able to concentrate |
| 3 | not at full alertness, but responsive and awake |
| 4 | not at peak; let down; a little foggy |
| 5 | beginning to lose interest in remaining awake; slowed down; foggy |
| 6 | prefer to be lying down; fighting sleep; woozy |
| 7 | losing struggle to remain awake; sleep onset soon; or asleep |

Day/Time	Sleepiness Scale Score
1st Monday	
6:00–7:00 a.m.	
10:00 a.m.	
2:00 p.m.	
4:00 p.m.	
7:00 p.m.	
10:00–11:00 p.m.	
Thursday	
6:00–7:00 a.m.	
10:00 a.m.	
2:00 p.m.	
4:00 p.m.	
7:00 p.m.	
10:00–11:00 p.m.	
2nd Monday	
6:00–7:00 a.m.	
10:00 a.m.	
2:00 p.m.	
4:00 p.m.	
7:00 p.m.	
10:00–11:00 p.m.	

Calculating Average Bedtime and Wake Time

Name _____

Date _____

To calculate an average bedtime, follow the steps below. Consider the following hypothetical data:

Day of Week	Bedtime	Bedtime (as recorded in diary)
Friday	11:45 p.m.	11.75
Saturday	1:00 a.m.	13.00
Sunday	11:00 p.m.	11.00
Monday	10:30 p.m.	10.50
Tuesday	10:45 p.m.	10.75
Wednesday	11:00 p.m.	11.00
Thursday	10:30 p.m.	10.50
Friday	11:45 p.m.	11.75
Saturday	12:15 a.m.	12.25
Sunday	11:00 p.m.	11.00

In this example, the average bedtime is calculated as the sum of the bedtimes (113.5) divided by the total number of bedtimes recorded (10). This gives an average of $113.5/10 = 11.35$. Rounding this number to the nearest quarter hour (the decimals would be 0.0 for the hour itself; 0.25 for 15 minutes after the hour; 0.5 for the half hour; 0.75 for 45 minutes after the hour) gives us 11.25, or 11:15 p.m., as the approximate average bedtime.

Calculating the approximate average time you woke up in the morning is done in a similar way.

For your data:

Average bedtime

1. Add all bedtimes recorded in sleep diary: _____
2. Number of bedtimes recorded: _____
3. Average bedtime (line 1 divided by line 2): _____
4. Round answer on line 3 to nearest quarter hour to get average bedtime: _____

Average wake time

1. Add all wake times recorded in sleep diary: _____
2. Number of wake times recorded: _____
3. Average wake time (line 1 divided by line 2): _____
4. Round answer on line 3 to nearest quarter hour to get average wake time: _____