

## Sleep Diary

Complete the diary each morning (final question later in the day).  
Don't worry too much about the detail, estimates are fine

Date (include day of week) :

What time did you go to bed last night?	
After settling down, how long did it take you to get to sleep?	
After falling asleep, how many times did you wake up during the night?	
In total, how long were you asleep?	
What time did you finally wake up?	
What time did you get up?	
How long did you spend in bed (from first getting in to finally getting up)?	
How would you rate the quality of your sleep last night (1-10) 1=dreadful	
What did you eat within 4 hours of going to bed?	
What did you drink within 4 hours of going to bed?	
What was the temperature inside the room?	
What was the temperature outside the room?	
What light sources were there when you went to sleep?	
How much noise was there when you went to sleep?	
What activities did you undertake before you went to bed?	
How did you feel during the next day? (1-10) 1=dreadful	