

# TWO WEEK SLEEP DIARY

**INSTRUCTIONS:**

1. **Write** the date, day of the week, and type of day: Work, School, Day Off, Vacation, Sleep over etc.
1. **Put** the letter “**C**” in the box when you have coffee, cola, tea, chocolate milk, energy drinks. Put “**M**” when you take any medicine. Put “**E**” when you exercise.
2. **Use** “↓” to show when you go to bed. AND **Use** ↑ to show when you get out of bed.
3. **Shade** in the box that shows when you think you fell asleep.
4. **Mark wake up times during night with** ↑
5. **Shade** in all the boxes that show when you are asleep at night or when you take a nap during the day.
6. **Leave** boxes **unshaded** to show when you wake up at night and when you are awake during the day.

***SAMPLE ENTRY BELOW: On a Monday after I came home from school, I fell asleep on couch at 5 PM, had iced tea with dinner at 7 PM, went to bed at 10:30 PM, fell asleep around 1 AM, and woke up at 6 AM for school.***

Today's Date	Day of the Week	Type of the day	NOON	1 PM	2	3	4 PM	5	6 PM	7	8 PM	9	10 PM	11	12 MIDNIGHT	1 AM	2	3	4 AM	5	6 AM	7	8 AM	9	10	11 AM
SAMPLE	Mon	School					↓			↑C		M	↓									↑				

WEEK 1																											

WEEK 2																											

Name:

DOB: