Sleepmasters

Master your sleep, master your life

Sleep Diary

Name _____

Week _____

Date _____ 18 19 20 21 22 23 24 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 **Date** _____

Notes

Date _____ 18 19 20 21 22 23 24 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 **Date** _____

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Notes

Date _____ 18 19 20 21 22 23 24 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 **Date** _____

Notes

| Awake | Awake in bed | Sleep | Eat | Excercise | Medication | Alcohol | Drugs | Smoking | Caffeïne | | | |

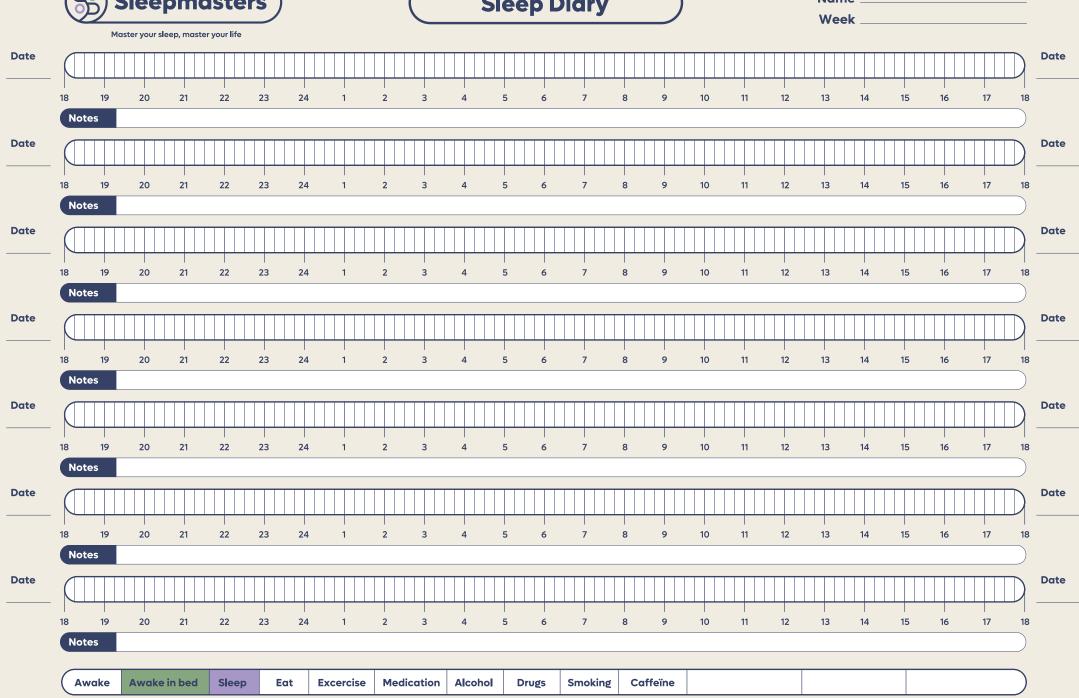*based on the sleep diary as designed by Kempenhaeghe*

www.sleepmasters.nl

How do I fill in a sleep diary?

The sleep diary is intended to give you and sleep experts insight into your sleep and wake patterns. This subjective measurement is about your impression of your sleep. It's not necessary to know exactly what time you were awake or asleep. It's about an estimate, so:

> **Fill in the diary only in the morning! The idea is not to look at the clock during the night.**

The diary consists of timelines that run from 18.00- 18.00, allowing you to see at a glance how your sleep was during the night. To avoid confusion, you can note a date before and after the timeline. The timelines are divided into 15-minute blocks, and your task is to color the blocks as follows:

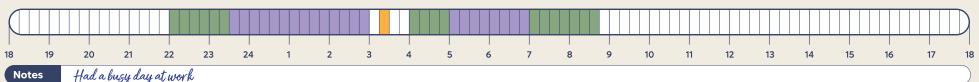| Awake	Awake in bed	Sleep	Eat	Excercise	Medication	Alcohol	Drugs	Smoking	Caffeïne			

Because the sleep-wake rhythm is connected to various other rhythms, we ask you to track a few additional factors along with sleep and wake times. You can do this by adding colors to the legend yourself. Most factors are already listed (eating, exercise, medication, alcohol, drugs, smoking, caffeine). The blank boxes can be used to track extra factors that are relevant to you.

Note under each day if there were any special circumstances that affected your sleep, such as a party or the flu. This space can also be used to record anyother observations you may have.

An example:
On October 15th, you went to bed at 22:00 and fell asleep at 23:30. You woke up at 03:00 and got out of bed to eat a banana. You went back to bed at 04:00, fell asleep again at 05:00, and woke up at 07:00. You stayed in bed for another 1.5 hours before getting up. The filled-in sleep diary would look like this:

Date *15-10*

18 19 20 21 22 23 24 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

Date *16-10*

Notes *Had a busy day at work*