

SLEEP DIARY

Name: _____

Instructions:

Use this sheet to monitor and note down your sleeping schedule.

Use ↓ to mark at what time did you go to bed.

Shade all the times when you were asleep. Do not shade a box if you were lying in bed awake.

Use ↑ to mark at what time did you get out of bed.

Add any comments and remarks (e.g., school night, weekend, birthday, etc.)

| Week 1: | | | | | | | | | | | | | | | | | | | | | | | Comments/ Remarks: | | | | |
|---------|-----|-----|-----|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|-----|-----|-----|-----|-----------------------|-----|-----|--|--|
| Date: | 7PM | 8PM | 9PM | 10PM | 11PM | 12PM | 1AM | 2AM | 3AM | 4AM | 5AM | 6AM | 7AM | 8AM | 9AM | 10AM | 11AM | 12AM | 1PM | 2PM | 3PM | 4PM | | 5PM | 6PM | | |
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| Week 2: | | | | | | | | | | | | | | | | | | | | | | | Comments/ Remarks: | | | | | |
|---------|-----|-----|-----|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|-----|-----|-----|-----|-----------------------|-----|-----|--|--|--|
| Date: | 7PM | 8PM | 9PM | 10PM | 11PM | 12PM | 1AM | 2AM | 3AM | 4AM | 5AM | 6AM | 7AM | 8AM | 9AM | 10AM | 11AM | 12AM | 1PM | 2PM | 3PM | 4PM | | 5PM | 6PM | | | |
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