

## Sleep Log

| Symptom  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| Difficulty falling asleep—takes more than 10 minutes<br>(how many minutes) |       |       |       |       |       |       |       |
| Waking up throughout the night<br>(how many times)                         |       |       |       |       |       |       |       |
| Waking up earlier than intended<br>(how early)                             |       |       |       |       |       |       |       |
| How many hours of sleep total?   |       |       |       |       |       |       |       |
| How long was your longest consecutive period of sleep?                     |       |       |       |       |       |       |       |
| Did you have trouble staying awake during the day?                         |       |       |       |       |       |       |       |
| Time you went to bed/Time you got out of bed                               |       |       |       |       |       |       |       |

