TWO WEEK SLEEP DIARY

INSTRUCTIONS

1. Complete diary in the morning about the previous night's sleep. Write the date and day of the week.
2. Put a downward arrow (↓) in the box when you went to bed. Put an upward arrow (↑) whenever you got out of bed.
3. Shade in the boxes when you think your were asleep. Leave boxes blank when you think you were awake. Shade in any boxes in if you had a nap.
4. Next add up the total number of hours you were asleep. i.e., all the shaded boxes. Do not include any blank boxes. Write this in the 2nd last box. **(A)**
5. Add up the total number of hours you were in bed (include hours asleep and awake). Write this total in the last box. **(B)**

Today's date	Day of the week	12 noon	1 pm	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	A hrs	B hrs
sample	mon											↓	▓	▓	▓	▓	↑	↓	▓	▓	↑					6	8

AVERAGE HOURS ASLEEP (AA) = _____   AVERAGE HOURS IN BED (AB) = _____   SLEEP EFFICIENCY: (AA/AB) x 100 = _____%