

Sleep~Wake Center Sleep Log

Date	Day	A.M.						P.M.						
		12MN	2:00	4:00	6:00	8:00	10:00	Noon	2:00	4:00	6:00	8:00	10:00	MN
	Mon													
	Tues													
	Wed													
	Thurs													
	Fri													
	Sat													
	Sun													
	Mon													
	Tues													
	Wed													
	Thurs													
	Fri													
	Sat													
	Sun													

 Sleep

↓ Get into bed

↑ Get out of bed

Name: _____ MRN: _____

EXAMPLE ONLY

Please give your best guess when completing this form. Do not look at the clock in the middle of the night; just give your best estimate.

Date	Day	MN	2:00	4:00	6:00	8:00	10:00	Noon	2:00	4:00	6:00	8:00	10:00	MN
27-Feb	Mon													
28-Feb	Tues	↓			↑			↓		↑				

Bedtime: 1:00 a.m. Monday night (which is Tuesday morning)

First fell asleep: 2:00 a.m. Tuesday morning

Awakening: 4:00 a.m. for one hour

Final awakening: 6:00 a.m. Tuesday morning

Out of bed: 6:30 a.m. Tuesday morning

Nap: Tuesday afternoon from noon to 2:00 p.m.