

# Sleep Diary

Name \_\_\_\_\_

Date begun \_\_\_\_\_

Note to students: For the period **FRI./Saturday**, indicate your bedtime Friday night and your wake time on Saturday morning. Treat other time periods similarly: day in **bold** capital letters for **bedtime**; day in *italics* for *wake time*.

	<b>FRI.</b> <i>Saturday</i>	<b>SAT.</b> <i>Sunday</i>	<b>SUN.</b> <i>Monday</i>	<b>MON.</b> <i>Tuesday</i>	<b>TUES.</b> <i>Wednesday</i>	<b>WED.</b> <i>Thursday</i>	<b>THURS.</b> <i>Friday</i>	<b>FRI.</b> <i>Saturday</i>	<b>SAT.</b> <i>Sunday</i>	<b>SUN.</b> <i>Monday</i>	<b>AVERAGE</b>
<b>Bedtime</b> (to nearest quarter hour)											
<b>Wake time</b> (to nearest quarter hour)											
<b>Total sleep time</b> (hours)											
<b>Number of awakenings during the night</b>											
<b>Number of caffeinated drinks</b>	<b>Friday</b> Morning: Afternoon: Evening:	<b>Saturday</b> Morning: Afternoon: Evening:	<b>Sunday</b> Morning: Afternoon: Evening:	<b>Monday</b> Morning: Afternoon: Evening:	<b>Tuesday</b> Morning: Afternoon: Evening:	<b>Wednesday</b> Morning: Afternoon: Evening:	<b>Thursday</b> Morning: Afternoon: Evening:	<b>Friday</b> Morning: Afternoon: Evening:	<b>Saturday</b> Morning: Afternoon: Evening:	<b>Sunday</b> Morning: Afternoon: Evening:	Morning: Afternoon: Evening:

Have you been told by a family member that you snore? yes \_\_\_\_\_ no \_\_\_\_\_

Do you believe that you often have difficulty sleeping (falling asleep, awakening during the night, awakening unrefreshed)? yes \_\_\_\_\_ no \_\_\_\_\_

## Recording Bedtimes and Wake Times

If your bedtime is:	Record this number as your bedtime in your Sleep Diary	If you wake up at:	Record this number as your wake time in your Sleep Diary
9:30 p.m.	9.50	5:30 a.m.	5.50
10:00	10.00	5:45	5.75
10:15	10.25	6:00	6.00
10:30	10.50	6:15	6.25
10:45	10.75	6:30	6.50
11:00	11.00	6:45	6.75
11:15	11.25	7:00	7.00
11:30	11.50	7:15	7.25
11:45	11.75	7:30	7.50
12:00 a.m.	12.00	7:45	7.75
12:15	12.25	8:00	8.00
12:30	12.50	8:15	8.25
12:45	12.75	8:30	8.50
1:00	13.00	8:45	8.75
1:15	13.25	9:00	9.00
1:30	13.50	9:15	9.25
1:45	13.75	9:30	9.50
2:00	14.00	9:45	9.75
2:15	14.25	10:00	10.00
2:30	14.50	10:15	10.25
2:45	14.75	10:30	10.50
3:00	15.00	10:45	10.75

# Sleepiness Scale

Name \_\_\_\_\_

Date \_\_\_\_\_

Use the following scale to assess your sleepiness at the times indicated in the table below.

Score	Description
1	feeling active and vital, alert; wide awake
2	functioning at high level, but not at peak; able to concentrate
3	not at full alertness, but responsive and awake
4	not at peak; let down; a little foggy
5	beginning to lose interest in remaining awake; slowed down; foggy
6	prefer to be lying down; fighting sleep; woozy
7	losing struggle to remain awake; sleep onset soon; or asleep

Day/Time	Sleepiness Scale Score
<b>1st Monday</b>	
6:00–7:00 a.m.	
10:00 a.m.	
2:00 p.m.	
4:00 p.m.	
7:00 p.m.	
10:00–11:00 p.m.	
<b>Thursday</b>	
6:00–7:00 a.m.	
10:00 a.m.	
2:00 p.m.	
4:00 p.m.	
7:00 p.m.	
10:00–11:00 p.m.	
<b>2nd Monday</b>	
6:00–7:00 a.m.	
10:00 a.m.	
2:00 p.m.	
4:00 p.m.	
7:00 p.m.	
10:00–11:00 p.m.	

# Calculating Average Bedtime and Wake Time

Name \_\_\_\_\_

Date \_\_\_\_\_

To calculate an average bedtime, follow the steps below. Consider the following hypothetical data:

Day of Week	Bedtime	Bedtime (as recorded in diary)
Friday	11:45 p.m.	11.75
Saturday	1:00 a.m.	13.00
Sunday	11:00 p.m.	11.00
Monday	10:30 p.m.	10.50
Tuesday	10:45 p.m.	10.75
Wednesday	11:00 p.m.	11.00
Thursday	10:30 p.m.	10.50
Friday	11:45 p.m.	11.75
Saturday	12:15 a.m.	12.25
Sunday	11:00 p.m.	11.00

In this example, the average bedtime is calculated as the sum of the bedtimes (113.5) divided by the total number of bedtimes recorded (10). This gives an average of  $113.5/10 = 11.35$ . Rounding this number to the nearest quarter hour (the decimals would be 0.0 for the hour itself; 0.25 for 15 minutes after the hour; 0.5 for the half hour; 0.75 for 45 minutes after the hour) gives us 11.25, or 11:15 p.m., as the approximate average bedtime.

Calculating the approximate average time you woke up in the morning is done in a similar way.

For your data:

Average bedtime

1. Add all bedtimes recorded in sleep diary: \_\_\_\_\_
2. Number of bedtimes recorded: \_\_\_\_\_
3. Average bedtime (line 1 divided by line 2): \_\_\_\_\_
4. Round answer on line 3 to nearest quarter hour to get average bedtime: \_\_\_\_\_

Average wake time

1. Add all wake times recorded in sleep diary: \_\_\_\_\_
2. Number of wake times recorded: \_\_\_\_\_
3. Average wake time (line 1 divided by line 2): \_\_\_\_\_
4. Round answer on line 3 to nearest quarter hour to get average wake time: \_\_\_\_\_