	Complete At The Same Time Each Day						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Awake time	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
I fell asleep	Easily After awhile With difficulty	Easily After awhile With difficulty	Easily After awhile With difficulty	Easily After awhile With difficulty	Easily After awhile With difficulty	Easily After awhile With difficulty	Easily After awhile With difficulty
Total hours of sleep							
I woke up during sleep	Number of times Typically for how long:	Number of times Typically for how long:	Number of times Typically for how long:	Number of times Typically for how long:	Number of times Typically for how long:	Number of times Typically for how long:	Number of times Typically for how long:
My sleep was interrupted because of							
When I woke up after my period of sleep I felt	Rested Somewhat rested Still tired	Rested Somewhat rested Still tired	Rested Somewhat rested Still tired	Rested Somewhat rested Still tired	Rested Somewhat rested Still tired	Rested Somewhat rested Still tired	Rested Somewhat rested Still tired