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| Dates | SAMPLE  1/2/2018 | Day 1 | Day2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Notes: (comments about awakenings, alcohol, caffeine, nicotine, sleep medications) | 6pm -1 glass of wine;  10pm - took Benadryl  Got up with each awakening and read in living room |  |  |  |  |  |  |  |
| Bedtime (time went into bed) | 23:30 |  |  |  |  |  |  |  |
| Lights out (time tried to go to sleep) | 23:45 |  |  |  |  |  |  |  |
| Minutes took to fall asleep | 30 |  |  |  |  |  |  |  |
| Minutes awake during the night after fell asleep (total) | 60 |  |  |  |  |  |  |  |
| # of awakenings | 3 |  |  |  |  |  |  |  |
| Time got out of bed for day | 9:00 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |