|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 BenadrylGot 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 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |