

Sleep Journal

Directions: Over the next several days you will be keeping a journal/log of your sleep cycles. Be sure to be thorough, as you will need this information to complete the analysis at the end.

Date:					
Went to sleep at:					
Woke up at:					
Total sleep time:					
What were you doing/thinking before you went to bed:					
Number of times you woke up before morning:					
How did you feel when you woke up?					
Do you remember dreaming?					
What was your dream about?					
How alert were you during the day?					
Did you take a nap today?					
How long?					

Daily Alertness Scale

1. Very alert, wide awake 2. Mostly alert, but relaxed 3. Foggy, relaxed, but still functioning 4. Fatigued, tired 5. Practically asleep

