Scott Sanders

Personal Trainer / Massage Therapist / Nutritional Advisor

Sleep Diary						
Nam	ne				Date	
Answer in morning after waking for the day						
	At what time did you go to bed last night?	Approximately how long did it take you to fall asleep?	About how many times, if any, did you awaken during the night?	Overall, about how many hours did you sleep?	At what time did you wake up (for the last time) this moming?	In general, how did you feel when you woke up?
Day 1						☐ Very refreshed ☐ Somewhat refreshed ☐ Fatigued
Day 2						☐ Very refreshed ☐ Somewhat refreshed ☐ Fatigued
Day 3						☐ Very refreshed ☐ Somewhat refreshed ☐ Fatigued
Daγ 4						☐ Very refreshed ☐ Somewhat refreshed ☐ Fatigued
Day 5						☐ Very refreshed ☐ Somewhat refreshed ☐ Fatigued
Day 6						☐ Very refreshed ☐ Somewhat refreshed ☐ Fatigued
Day 7						☐ Very refreshed ☐ Somewhat refreshed ☐ Fatigued

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