

Sleep Log Worksheet

Name _____

Use these symbols: ● = in bed with lights out ○ = got out of bed
 ■ = asleep ☹ = had caffeine

Do before bed		5p	6p	7p	8p	9p	10p	11p	midn	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	noon	1p	2p	3p	4p	5p	Do this part in the morning after awakening					
Sleepiness Level*	Meds																										Sleep quality (circle one)	Date	Things affecting sleep quality			
																											Great	OK	Bad			
																												Great	OK	Bad		
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																												Great	OK	Bad		
																												Great	OK	Poor		
																												Great	OK	Poor		

Below, make notes about your experience keeping a sleep log. How did you feel about it? What did you learn?