## Sleep Diary

Every morning when you get up complete the sleep diary for the previous night. For example, on Monday morning fill in the information for Sunday night.

Day	Last night I went to bed at:	This morning I I woke up at:	It took me minutes to fall asleep:	Total amount of sleep:
Example: _Sunday	<u>12:15</u>	<u>9:20</u>	<u>25</u>	9'10"