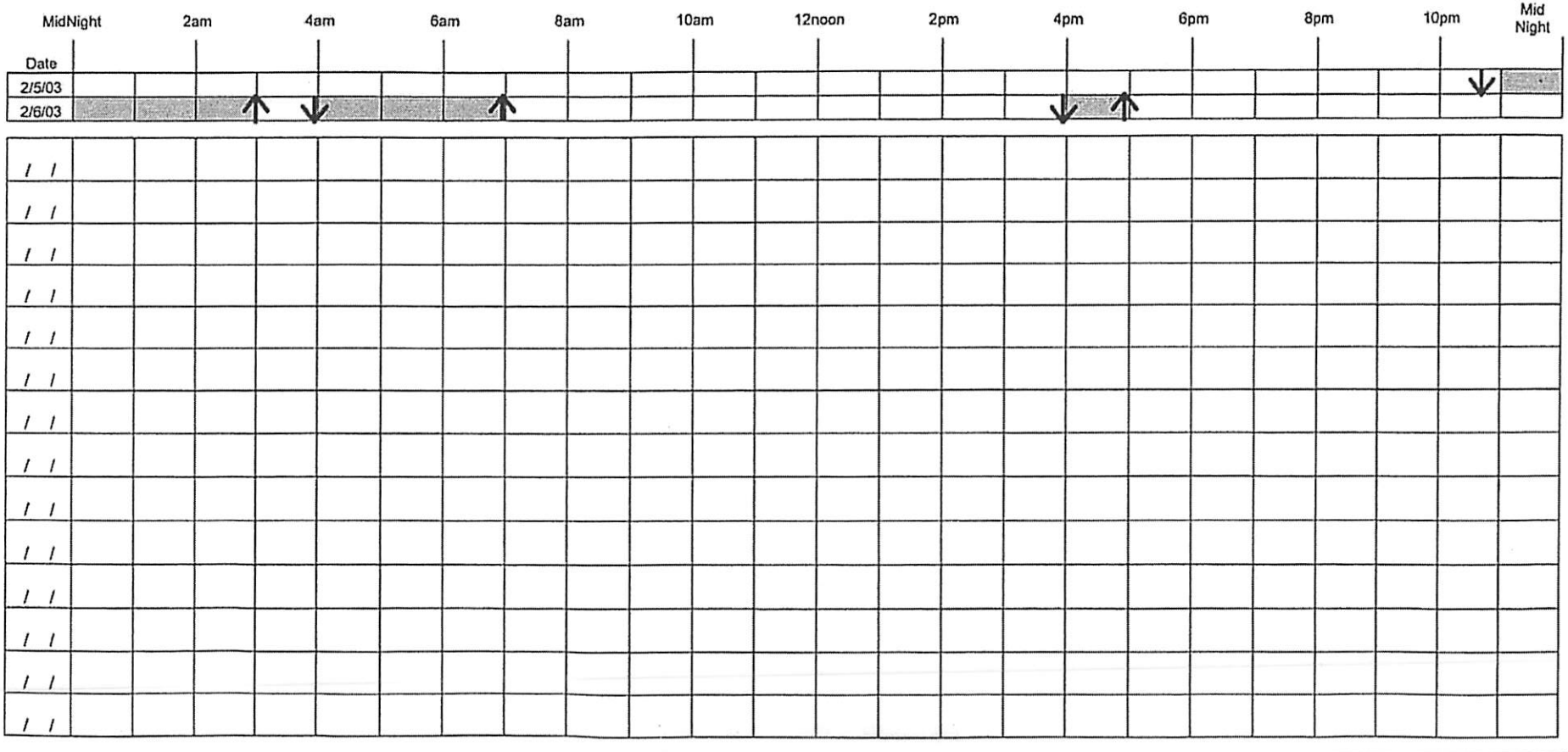
Sleep Log

Name: _____

Instructions: Mark your bedtime with an arrow pointing down. Shade in times when you are asleep, including nap times. Shade 1/2 of a box for half an hour, 1/4 of a box for 15 minutes, etc. Leave blank the hours you are awake. Mark the time you get up with an arrow pointing up.

Example: (below) On February 5th the patient went to bed at 10:45pm, fell asleep at 11:00pm and woke up again at 3am (now the morning of the 6th). The patient fell back asleep at 4 am and woke up for the day at 7am. The patient took a nap between 4 and 5 pm.