

Patient Name: _____

Date: _____

Activity Symbols

- A** - each alcoholic drink
C - caffeinated drink, coffee, tea, Cola, chocolate
M - meal
P - sleeping pill or tranquilizer
D - noise (disturbed sleep)
S - snack
X - exercise
N - nap

INSTRUCTIONS

Take this diary with you and fill in activities according to the symbols.

Please use example below as a reference.

Sleep Time Symbols

- B** Go to bed
T Toilet
U Get out of bed
I Sleeping time.
W Wake up

This diary is to be used for 7 days prior to coming to the Sleep Lab

	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am
Activity				M C		N	N	N		CM AT														
Sleep Time														B P	I	I	I	I	U T	I	I	I	I	W
	Lights out at <u>10 pm</u> am pm										Total sleep time <u>6</u> hours					Total time in bed: <u>10</u> hours								

Day 1	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am
Activity																								
Sleep Time																								
	Lights out at _____ am pm										Total sleep time _____ hours					Total time in bed: _____ hours								

Day 2	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am
Activity																								
Sleep Time																								
	Lights out at _____ am pm										Total sleep time _____ hours					Total time in bed: _____ hours								

Patient Name: _____

Date: _____

Day 3	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am
Activity																								
Sleep Time																								
	Lights out at _____ am pm											Total sleep time _____ hours					Total time in bed: _____ hours							

Day 4	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am
Activity																								
Sleep Time																								
	Lights out at _____ am pm											Total sleep time _____ hours					Total time in bed: _____ hours							

Day 5	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am
Activity																								
Sleep Time																								
	Lights out at _____ am pm											Total sleep time _____ hours					Total time in bed: _____ hours							

Day 6	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am
Activity																								
Sleep Time																								
	Lights out at _____ am pm											Total sleep time _____ hours					Total time in bed: _____ hours							

Day 7	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am
Activity																								
Sleep Time																								
	Lights out at _____ am pm											Total sleep time _____ hours					Total time in bed: _____ hours							