

# Sleep Diary

## Levels of Sleepiness Table

In the table below, rate your level of sleepiness using the following scale:

**0 = Wide Awake    1 = Awake    2 = Drowsy    3 = Sleepy    4 = Falling Asleep**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning 6am-12pm							
Afternoon 12pm-6pm							
Evening 6pm-12am							
Night 12am-6am							

## Difficulty Staying Awake Table

In the table below, rate your difficulty staying awake using the following scale:

**0 = Not at all    1 = Occasional    2 = Sometimes    3 = Most of the Time    4 = All the Time**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I fought off/ignored a need to sleep							
I dozed off/ignored a need to sleep							
I need caffeine or stimulant to stay awake							

In the table below, record the total amount of sleep you are getting:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hours/Minutes Sleeping							
Hours/Minutes Napping							
Total							