

SLEEP LOG: INSTRUCTIONS/KEY

1. In the upper left corner, fill in the date of the first day on your log. This will help you keep your weeks in order.
2. For greatest accuracy, complete this log twice daily -- at night and again first thing in the morning.
3. Fill in the day of the week that corresponds to 6p-Midnight and the day of the week that corresponds to Midnight-5p.
4. Sleep Cycle: in this row, record information about when you are in bed, when you are sleeping, and when you awaken. Include both your nighttime sleep and daytime naps. Use this key:
 - ↓ time you got into bed (at beginning of night or if you leave and return to bed in middle of night)
 - * time you turned the lights out (only mark if different than the time you got into bed)
 - time you believe you were asleep (use a squiggly line ~~~ to indicate light, fitful sleep)
 - | middle of the night awakenings
 - ↑ time(s) you got out of bed (including end of sleep period and if you got out of bed anytime after getting in bed)
5. Medications: in this row, record all prescription and OTC medications, including dose. You can create a key and use abbreviations.
6. C-A-N-E: in this row, record the time and amount of Caffeine, Alcohol, Nicotine, and Exercise. For caffeine and alcohol, list the number of drinks (e.g., C2 means 2 cups of coffee or 2 Cokes; A3 means 3 beers). For nicotine, indicate number of cigarettes or amount of chew. For exercise, indicate number of minutes. (You can make your own key if you want to get even more specific and differentiate between coffee vs. tea vs. espresso, for example.)
7. Hours Asleep: record your best estimate of the total # of hours you were asleep at night (do not include daytime naps). Include fitful sleep (squiggly line).
8. Hours in Bed: record your best estimate of the total # of hours you were in bed at night and attempting to sleep. For example, do not count time reading in bed in beginning of night if it is simply your routine to read in bed. Do count reading time if you are reading because you cannot sleep and you hope to fall asleep while reading.
9. Fatigue: rate your level of fatigue for the day that corresponds to the Mid-5p day (0=no fatigue, 10=extreme fatigue).
10. At the end of the week: add Hours Asleep and divide by the number of nights recorded; record your average. Do the same for Hours In Bed. Calculate and record Sleep Efficiency (Avg Hrs Asleep divided by Avg Hrs in Bed, times 100).

EXAMPLE OF SLEEP LOG

Day: <i>Monday</i>		Day: <i>Tuesday</i>													Fatigue (0-10): 6		HOURS										
Sleep Cycle	6p	7p	8p	9p	10p	11p	Mid	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	Nn	1p	2p	3p	4p	5p	ASLEEP	IN BED	
							↓*	—					—		↑								↓	—	↑	5.5	7.5
Medications						Rx1					Rx1				Rx2												
C-A-N-E	a2														e30	c1					c1						

Explanation: This is Joe's sleep-related data from Monday night through Tuesday 5 pm. On Monday evening he had 2 alcoholic drinks (a2) during the 7pm hour. At around 11pm he took his first dose of Rx1 (which, according to his key - not shown here - is Ambien 5 mg). He got in to bed at around midnight and turned out the lights 25 minutes later. He didn't fall asleep until about 1am. He slept until about 4:30, woke up but stayed in bed, took a second dose of Ambien, and fell back to sleep at around 5:20. He slept solidly until about 7:30am Tuesday morning, and lingered in bed until just before 8am. At around 8am he took his morning medication (Zolof 150 mg according to his key) and then exercised for 30 minutes (e30). He had 1 caffeinated beverage (c1) at 9am and one at 1pm. He napped for about an hour between 3-4pm Tuesday. Excluding his nap, he was in bed attempting to sleep for a total of about 7.5 hours (12:25-7:55) and slept for 5.5 hours. He was moderately fatigued (6 out of 10) on Tuesday. (His sleep efficiency on this night was 5.5/7.5*100, or 73.3%.)

	Day:						Day:														Fatigue (0-10):					HOURS			
	6p	7p	8p	9p	10p	11p	Mid	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	Nn	1p	2p	3p	4p	5p	ASLEEP	IN BED			
Sleep Cycle																												_____	_____
Medications																													
C-A-N-E																													

	Day:						Day:														Fatigue (0-10):					HOURS			
	6p	7p	8p	9p	10p	11p	Mid	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	Nn	1p	2p	3p	4p	5p	ASLEEP	IN BED			
Sleep Cycle																												_____	_____
Medications																													
C-A-N-E																													

	Day:						Day:														Fatigue (0-10):					HOURS			
	6p	7p	8p	9p	10p	11p	Mid	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	Nn	1p	2p	3p	4p	5p	ASLEEP	IN BED			
Sleep Cycle																												_____	_____
Medications																													
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	6p	7p	8p	9p	10p	11p	Mid	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	Nn	1p	2p	3p	4p	5p	ASLEEP	IN BED			
Sleep Cycle																												_____	_____
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Sleep Cycle																												_____	_____
Medications																													
C-A-N-E																													

Weekly Averages: _____

Average Sleep Efficiency (Hrs Asleep/Hrs in Bed*100) = _____ %

