



The Centre for Sleep & Pulmonary Medicine

Sleep Diary

Instructions: Draw a ↓ to show when you go to bed and a ↑ when you get out of bed. Shade the boxes to indicate sleep, including daytime naps. Write 'C' when you drink caffeine (coffee, cola, tea), 'M' when you take medication and 'E' when you exercise.

Date	Day of the week	Type of day: work, off, school	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am
sample	Mon	Work		E																		C				