



Sleep diary, two weeks

An Everyday Insight tool
mysleeptoolbox.com



Each morning, within an hour or so of getting up, fill in one column about the night that just ended. A rough guess is fine for every answer, so there's no need to watch the clock at night. The questions on the next page are optional.

Name _____	Week of _____						
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
The night ending The morning's date							
When did you get into bed?							
When did you start trying to fall asleep?							
About how long did falling asleep take? Minutes. A rough guess is fine. Don't check the clock to measure it.							
How many times did you wake up in the night, not counting the last time? Number of times							
Altogether, how long were those wakings? Minutes. Add up the time from each waking. Don't count the time it took to fall asleep or the time after you woke up for the last time.							
What time did you wake up for the last time?							
When did you get up to start your day?							
How would you rate your sleep? Very poor, poor, fair, good, or very good							

Your night in numbers Work these out later, using the steps below.

Time in bed							
Total sleep							
Sleep efficiency Percent							

Working out the numbers

Time in bed

From the time you got into bed to the time you got up to start your day.

Total sleep

Sleep began at the time you started trying to fall asleep, plus how long falling asleep took. Count from then to the time you woke up for the last time, and take away the time you were awake in the night. Time before you tried to sleep and after your last waking isn't sleep.

Sleep efficiency

Total sleep divided by time in bed, times 100. Working in minutes makes it easier. For example, 6 hours 40 minutes of sleep in 8 hours 45 minutes in bed is 400 divided by 525, or about 76%.





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Optional. Use the same day columns as on the page before.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Last night I... Check one for each. Didn't come up fits the getting-up rule on nights you fell asleep quickly and stayed asleep.

	Yes	No	Didn't come up	Yes	No	Didn't come up	Yes	No	Didn't come up	Yes	No	Didn't come up	Yes	No	Didn't come up	Yes	No	Didn't come up	Yes	No	Didn't come up
Went to bed only when I was sleepy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Used the bed only for sleep and sex	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Got up when I couldn't sleep, and went back when I was sleepy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Got up at my set time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

About yesterday The day before each night. Skip any you like.

Did you nap yesterday? If you did, about when it started and for how long							
How many drinks with caffeine did you have? Coffee, tea, soda, or energy drinks, and when you had the last one							
How many drinks with alcohol did you have? And when you had the last one							
Did you exercise? If you did, about when							
Did you use a phone, tablet, computer, or TV in the last hour before bed? Yes or no							
Did you take anything to help you sleep? If you did, what it was. You can leave that blank.							
Anything else about the night?							





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The second week. Fill it in the same way, one column each morning.

Name _____	Week of _____						
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
The night ending The morning's date							
When did you get into bed?							
When did you start trying to fall asleep?							
About how long did falling asleep take? Minutes. A rough guess is fine. Don't check the clock to measure it.							
How many times did you wake up in the night, not counting the last time? Number of times							
Altogether, how long were those wakings? Minutes. Add up the time from each waking. Don't count the time it took to fall asleep or the time after you woke up for the last time.							
What time did you wake up for the last time?							
When did you get up to start your day?							
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DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

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Went to bed only when I was sleepy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Used the bed only for sleep and sex	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Got up when I couldn't sleep, and went back when I was sleepy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Got up at my set time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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