# Sleep diary

ID number:

## Guidance for filling out the diary

The SLEEP diary is a daily record of important sleep-related information to calculate your sleep efficiency and identify your sleep patterns and any other factors that can influence your sleep.

- To keep an accurate sleep diary, please fill it out every day.
- The sleep diary comprises of 7 morning diary questions and 7 evening diary questions.
- The morning diary should be completed within one hour of getting out of bed in the morning.
- The evening dairy should be completed just before going to bed.
- Question 8 in each of the morning and evening diaries is a space for you to write down anything you might think will be useful to remember that might have affected your sleep (e.g. having a cold, jet lag, sleepover at a relative or hotel).

- Completing the diary will take less than 5 minutes each day and it might be helpful to keep it on your bedside table as a reminder.
- Don't worry too much about giving exact answers, you are not expected to watch the clock excessively because of this. Just give your best estimate.
- For each week, fill in the date in the top left-hand box to indicate the start of that week (i.e. W/C: 05/07/21), and enter the day of the week in the top row of each column (i.e. Monday).

#### Week 1: Morning diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday			_	_			
1	At what time did you wake up this morning? Final awakening	7am							
21	At what time did you get out of bed?  What time did you get out of bed with no further attempt at sleeping?  This may be different from your final awakening time you reported in question 1 (e.g. you may have woken up at 6:35 a.m. but did not get out of bed to start your day until 7:20 a.m.)	7:20am							
3	At what time did you try to go to sleep last night? Write the time that you got into bed (e.g. lights out)	11pm							

#### Week 1: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
Beginning at the time you wrote in question 3, how long did it take you to fall asleep? You are not expected to watch the clock excessively because of this. Just give your best estimate.								
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
What was the total time you were awake between the time you first fell asleep and the time of your final awakening? For example, if you woke up 2 times during the night, for 20 min and 35 min, your answer will be 55 min.								
You are not expected to watch the clock excessively because of this. Just give your best estimate.								

#### Week 1: Morning diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6	Did you take any over-the- counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken List the medication name, how much and when you took EACH different medication. If every night is the same, write "same" after the first day.	Med.: Sleepwell Dose: 50mg Time taken: 11pm							
7	How would you rate the quality of your sleep last night?  1. Very poor 2. Poor 3. Fair 4. Good 5. Very good  "Sleep Quality" is your sense of whether your sleep was good or poor.	3							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

## Week 1: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1	How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2	How many units of alcohol did you have today?	0							
	One unit of alcohol:								
	Half pint of "regular" beer, lager or cider								
	Half a small glass of wine								
	1 single measure of spirits								
	1 small glass of sherry								
	1 single measure of aperitifs								

## Week 1: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
3	How many times did you nap or doze?	2 times							
	In total, how long did you nap or doze?	1h 10min							
	A nap is a time you decided to sleep during the day, whether in bed or not in bed. Estimate the total amount of time you spent napping or dozing, in hours and minutes. For instance, if you napped once, for 30 minutes, and dozed for 10 minutes, you would answer "40 minutes." If you did not nap or doze, enter 0 hours 0 minutes.								
4	How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							

## Week 1: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5	How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) - 10 (extremely aware of my emotions)? Have you noticed how you have felt during the day e.g. happy, anxious, sad, angry?	5							
6	How have you found managing your emotions today? Rating scale with 0 (extremely easy) - 10 (extremely difficult) Have you been able to control any strong or sudden changes in emotions?	6							
7	How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)	7							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

#### Week 2: Morning diary

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
day of the week s, Wed, etc.)	Tuesday							
me did you wake orning?	7am							
me did you get out	7:20am							
me did you try to p last night?	11pm							
ing down, how long nk did it take you ep? (in minutes)	25							
ng asleep and until up for the last e morning, for how you awake in bed n hours and/or	70 min							
ke any over-the- r prescription n(s) to help P If so, list n(s), dose, and	Med.: Sleepwell Dose: 50mg Time taken: 11pm							
	me did you wake brining?  me did you get out  me did you get out  me did you try to be last night?  ling down, how long nik did it take you lep? (in minutes)  and asleep and until up for the last e morning, for how you awake in bed in hours and/or  ke any over-the- prescription n(s) to help of the last endid not the last endid not sand/or	day of the week s, Wed, etc.)  me did you wake 7am  me did you get out 7:20am  me did you try to plast night?  ing down, how long nk did it take you leep? (in minutes)  me asleep and until up for the last e morning, for how you awake in bed in hours and/or  ke any over-the-prescription nis) to help of the last leep lf so, list nis), dose, and for the last leep lf so, list nis), dose, and for the last leep lf so, list nis), dose, and for the last leep leep lf so, list nis), dose, and for the last leep leep lf so, list nis), dose, and for the last leep leep lf so, list nis), dose, and for the last leep leep leep leep leep leep leep lee	day of the week s, Wed, etc.)  me did you wake orning?  me did you get out 7:20am  me did you try to plast night?  ing down, how long nk did it take you leep? (in minutes)  me asleep and until lup for the last e morning, for how you awake in bed n hours and/or  ke any over-the-prescription n(s) to help of the last leep lf so, list n(s), dose, and for the last leep lf so, list n(s), dose, and for the last leep lf so, list n(s), dose, and for the last leep lf so, list n(s), dose, and for the last leep leep lf so, list n(s), dose, and for the last leep leep lf so, list n(s), dose, and for the last leep leep lf so, list n(s) to help leep lf so, list n(s), dose, and for the last leep leep leep leep leep leep leep lee	day of the week s, Wed, etc.)  me did you wake  orning?  me did you get out  7:20am  11pm  11pm  11pm  25  ing down, how long nk did it take you leep? (in minutes)  and asleep and until up for the last e morning, for how you awake in bed in hours and/or  ke any over-the- represcription n(s) to help of from the left of the left o	day of the week s, Wed, etc.)  me did you wake  orning?  me did you get out  7:20am  11pm  11pm  11pm  25  ing down, how long nk did it take you leep? (in minutes)  org asleep and until up for the last e morning, for how you awake in bed n hours and/or  ke any over-the-represcription n(s) to help or ff so, list n(s), dose, and organical interests and interests are some significant organical interests.  Tuesday  7am  720am  720am  73 min  14 pm  15 pm  16 pm  16 pm  17 pm  18 pm  18 pm  19 pm  19 pm  10 pm  10 pm  10 pm  10 pm  10 pm  11 pm  11 pm  12 pm  12 pm  13 pm  14 pm  15 pm  16 pm  16 pm  17 pm  18 pm  18 pm  19 pm  19 pm  10 pm  10 pm  10 pm  10 pm  10 pm  10 pm  11 pm  11 pm  11 pm  12 pm  12 pm  12 pm  13 pm  14 pm  14 pm  15 pm  16 pm  16 pm  17 pm  18 pm  19 pm  19 pm  10 pm  10 pm  10 pm  10 pm  10 pm  11 pm  11 pm  11 pm  12 pm  12 pm  13 pm  14 pm  14 pm  15 pm  16 pm  16 pm  17 pm  18 pm  19 pm  19 pm  10 pm  1	day of the week s, Wed, etc.)  me did you wake  orning?  me did you get out  7:20am  11pm  11pm  11pm  25  ing down, how long nk did it take you leep? (in minutes)  and asleep and until up for the last e morning, for how you awake in bed in hours and/or  ke any over-the-represcription nois) to help of the solution of the last end in hours and/or  ke any over-the-represcription nois) to help of the solution of the last end in hours and/or  Time taken:	day of the week s, Wed, etc.)  me did you wake prining?  me did you get out  7:20am  me did you try to plast night?  ing down, how long nk did it take you usep? (in minutes)  ng asleep and until up for the last a morning, for how you awake in bed n hours and/or  ke any over-the-prescription nics) to help lif so, list nics), dose, and nice in the list of the list nics, dose, and nice in the list nics, dose, and nice in the list nics, dose, and nice in the list nics in the list nice in the list n	day of the week s, Wed, etc.)  me did you wake prining?  me did you get out  7:20am  11pm  11pm  11pm  25  ing down, how long nk did it take you sep? (in minutes)  ing asleep and until up for the last e morning, for how you awake in bed n hours and/or  ke any over-the-prescription no(s) to help lift so, list no(s), dose, and note that the morning has been some that the morning has been some the separate with the morning has been some the morning has been s

#### Week 2: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

## Week 2: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1	How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2	How many units of alcohol did you have today?	0							
3	How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4	How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5	How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

## Week 2: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6	How have you found managing your emotions today? Rating scale with 0 (extremely easy) - 10 (extremely difficult)	6							
7	How would you rate your mood today? Rating scale with 0 (very bad) - 10 (very good)	7							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

#### Week 3: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday	-					_	
1 At what time did you wake up this morning?	7am							
2 At what time did you get out of bed?	7:20am							
3 At what time did you try to go to sleep last night?	11pm							
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
6 Did you take any over-the- counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							

#### Week 3: Morning diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	How would you rate the quality of your sleep last night?  1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	l have a cold							

## Week 3: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1	How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2	How many units of alcohol did you have today?	0							
3	How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4	How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5	How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

## Week 3: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6	How have you found managing your emotions today? Rating scale with 0 (extremely easy) - 10 (extremely difficult)	6							
7	How would you rate your mood today? Rating scale with 0 (very bad) - 10 (very good)	7							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

#### Week 4: Morning diary

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
day of the week s, Wed, etc.)	Tuesday							
me did you wake orning?	7am							
me did you get out	7:20am							
me did you try to p last night?	11pm							
ing down, how long nk did it take you ep? (in minutes)	25							
ng asleep and until up for the last e morning, for how you awake in bed n hours and/or	70 min							
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#### Week 4: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

## Week 4: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1	How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2	How many units of alcohol did you have today?	0							
3	How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4	How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5	How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

## Week 4: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6	How have you found managing your emotions today? Rating scale with 0 (extremely easy) - 10 (extremely difficult)	6							
7	How would you rate your mood today? Rating scale with 0 (very bad) – 10 (very good)	7							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

#### Week 5: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday	-					_	
1 At what time did you wake up this morning?	7am							
2 At what time did you get out of bed?	7:20am							
3 At what time did you try to go to sleep last night?	11pm							
4 After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
5 After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
6 Did you take any over-the- counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							

#### Week 5: Morning diary

C	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9 1 2 3 4	How would you rate the quality of your sleep last night?  1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
l: y	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

## Week 5: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1	How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2	How many units of alcohol did you have today?	0							
3	How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4	How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5	How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

## Week 5: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6	How have you found managing your emotions today? Rating scale with 0 (extremely easy) - 10 (extremely difficult)	6							
7	How would you rate your mood today? Rating scale with 0 (very bad) - 10 (very good)	7							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

#### Week 6: Morning diary

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
day of the week s, Wed, etc.)	Tuesday							
me did you wake orning?	7am							
me did you get out	7:20am							
me did you try to p last night?	11pm							
ing down, how long nk did it take you ep? (in minutes)	25							
ng asleep and until up for the last e morning, for how you awake in bed n hours and/or	70 min							
ke any over-the- r prescription n(s) to help P If so, list n(s), dose, and	Med.: Sleepwell Dose: 50mg Time taken: 11pm							
	me did you wake brining?  me did you get out  me did you get out  me did you try to be last night?  ling down, how long nik did it take you lep? (in minutes)  and asleep and until up for the last e morning, for how you awake in bed in hours and/or  ke any over-the- prescription n(s) to help of the last endid not the last endid not sand/or	day of the week s, Wed, etc.)  me did you wake 7am  me did you get out 7:20am  me did you try to plast night?  ing down, how long nk did it take you leep? (in minutes)  me asleep and until up for the last e morning, for how you awake in bed in hours and/or  ke any over-the-prescription nis) to help of the last leep lf so, list nis), dose, and for the last leep lf so, list nis), dose, and for the last leep lf so, list nis), dose, and for the last leep leep lf so, list nis), dose, and for the last leep leep lf so, list nis), dose, and for the last leep leep lf so, list nis), dose, and for the last leep leep leep leep leep leep leep lee	day of the week s, Wed, etc.)  me did you wake orning?  me did you get out 7:20am  me did you try to plast night?  ing down, how long nk did it take you leep? (in minutes)  me asleep and until lup for the last e morning, for how you awake in bed n hours and/or  ke any over-the-prescription n(s) to help of the last leep lf so, list n(s), dose, and for the last leep lf so, list n(s), dose, and for the last leep lf so, list n(s), dose, and for the last leep lf so, list n(s), dose, and for the last leep leep lf so, list n(s), dose, and for the last leep leep lf so, list n(s), dose, and for the last leep leep lf so, list n(s) to help leep lf so, list n(s), dose, and for the last leep leep leep leep leep leep leep lee	day of the week s, Wed, etc.)  me did you wake  orning?  me did you get out  7:20am  11pm  11pm  11pm  25  ing down, how long nk did it take you leep? (in minutes)  and asleep and until up for the last e morning, for how you awake in bed in hours and/or  ke any over-the- represcription n(s) to help of from the left of the left o	day of the week s, Wed, etc.)  me did you wake  orning?  me did you get out  7:20am  11pm  11pm  11pm  25  ing down, how long nk did it take you leep? (in minutes)  org asleep and until up for the last e morning, for how you awake in bed n hours and/or  ke any over-the-represcription n(s) to help or ff so, list n(s), dose, and organical interests and interests are some significant organical interests.  Tuesday  7am  720am  720am  73 min  14 pm  15 pm  16 pm  16 pm  17 pm  18 pm  18 pm  19 pm  19 pm  10 pm  10 pm  10 pm  10 pm  10 pm  11 pm  11 pm  12 pm  12 pm  13 pm  14 pm  15 pm  16 pm  16 pm  17 pm  18 pm  18 pm  19 pm  19 pm  10 pm  10 pm  10 pm  10 pm  10 pm  10 pm  11 pm  11 pm  11 pm  12 pm  12 pm  12 pm  13 pm  14 pm  14 pm  15 pm  16 pm  16 pm  17 pm  18 pm  19 pm  19 pm  10 pm  10 pm  10 pm  10 pm  10 pm  11 pm  11 pm  11 pm  12 pm  12 pm  13 pm  14 pm  14 pm  15 pm  16 pm  16 pm  17 pm  18 pm  19 pm  19 pm  10 pm  1	day of the week s, Wed, etc.)  me did you wake  orning?  me did you get out  7:20am  11pm  11pm  11pm  25  ing down, how long nk did it take you leep? (in minutes)  and asleep and until up for the last e morning, for how you awake in bed in hours and/or  ke any over-the-represcription nois) to help of the solution of the last end in hours and/or  ke any over-the-represcription nois) to help of the solution of the last end in hours and/or  Time taken:	day of the week s, Wed, etc.)  me did you wake prining?  me did you get out  7:20am  me did you try to plast night?  ing down, how long nk did it take you usep? (in minutes)  ng asleep and until up for the last a morning, for how you awake in bed n hours and/or  ke any over-the-prescription nics) to help lif so, list nics), dose, and nice in the list of the list nics, dose, and nice in the list nics, dose, and nice in the list nics, dose, and nice in the list nics in the list nice in the list n	day of the week s, Wed, etc.)  me did you wake prining?  me did you get out  7:20am  11pm  11pm  11pm  25  ing down, how long nk did it take you sep? (in minutes)  ing asleep and until up for the last e morning, for how you awake in bed n hours and/or  ke any over-the-prescription no(s) to help lift so, list no(s), dose, and note that the morning has been some that the morning has been some the separate with the morning has been some the morning has been s

#### Week 6: Morning diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7	How would you rate the quality of your sleep last night?  1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8	Notes If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

## Week 6: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
1	How many caffeinated drinks (coffee, tea, soda, energy drinks) did you have today?	2 drinks							
2	How many units of alcohol did you have today?	0							
3	How many times did you nap or doze? In total, how long did you nap or doze?	2 times 1h 10min							
4	How physically active were you today? 0-10, 0 indicating not active at all, 10 indicating very active	7							
5	How aware of your emotions have you been today? Rating scale with 0 (not at all aware of my emotions) – 10 (extremely aware of my emotions)?	5							

## Week 6: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6	How have you found managing your emotions today? Rating scale with 0 (extremely easy) - 10 (extremely difficult)	6							
7	How would you rate your mood today? Rating scale with 0 (very bad) - 10 (very good)	7							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

#### Week 7: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the day of the week (Mon, Tues, Wed, etc.)	Tuesday							
At what time did you wake up this morning?	7am							
At what time did you get out of bed?	7:20am							
At what time did you try to go to sleep last night?	11pm							
After settling down, how long do you think did it take you to fall asleep? (in minutes)	25							
After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)	70 min							
Did you take any over-the- counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Med.: Sleepwell Dose: 50mg Time taken: 11pm							
	Enter the day of the week (Mon, Tues, Wed, etc.)  At what time did you wake up this morning?  At what time did you get out of bed?  At what time did you try to go to sleep last night?  After settling down, how long do you think did it take you to fall asleep? (in minutes)  After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)  Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and	Enter the day of the week (Mon, Tues, Wed, etc.)  At what time did you wake up this morning?  At what time did you get out of bed?  At what time did you try to go to sleep last night?  After settling down, how long do you think did it take you to fall asleep? (in minutes)  After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)  Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Enter the day of the week (Mon, Tues, Wed, etc.)  At what time did you wake up this morning?  At what time did you get out of bed?  At what time did you try to go to sleep last night?  After settling down, how long do you think did it take you to fall asleep? (in minutes)  After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)  Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken	Enter the day of the week (Mon, Tues, Wed, etc.)  At what time did you wake up this morning?  At what time did you get out of bed?  At what time did you try to go to sleep last night?  After settling down, how long do you think did it take you to fall asleep? (in minutes)  After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)  Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken  Time taken:	Enter the day of the week (Mon, Tues, Wed, etc.)  At what time did you wake up this morning?  At what time did you get out of bed?  At what time did you try to go to sleep last night?  After settling down, how long do you think did it take you to fall asleep? (in minutes)  After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)  Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken  Time taken:	Enter the day of the week (Mon, Tues, Wed, etc.)  At what time did you wake up this morning?  At what time did you get out of bed?  At what time did you try to go to sleep last night?  After settling down, how long do you think did it take you to fall asleep? (in minutes)  After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)  Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken  Time taken:	Enter the day of the week (Mon, Tues, Wed, etc.)  At what time did you wake up this morning?  At what time did you get out of bed?  At what time did you get out of bed?  At what time did you try to go to sleep last night?  After settling down, how long do you think did it take you to fall asleep? (in minutes)  After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)  Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s), dose, and time taken  Time taken:	Enter the day of the week (Mon, Tues, Wed, etc.)  At what time did you wake up this morning?  At what time did you get out of bed?  At what time did you try to go to sleep last night?  After settling down, how long do you think did it take you to fall asleep? (in minutes)  After falling asleep and until you woke up for the last time in the morning, for how long were you awake in bed in total? (in hours and/or minutes)  Did you take any over-the-counter or prescription medication(s) to help you sleep? If so, list medication(s) to help you sleep? If so, list medication(s), dose, and time taken  Time taken:

#### Week 7: Morning diary

W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 How would you rate the quality of your sleep last night? 1. Very poor 2. Poor 3. Fair 4. Good 5. Very good	3							
8 Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							

## Week 7: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the day of the week (Mon, Tues, Wed, etc.)	Monday							
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2	How many units of alcohol did you have today?	0							
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## Week 7: Evening diary

	W/C:	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6	How have you found managing your emotions today? Rating scale with 0 (extremely easy) - 10 (extremely difficult)	6							
7	How would you rate your mood today? Rating scale with 0 (very bad) - 10 (very good)	7							
8	Notes  If you have anything that you would like to say that is relevant to your sleep feel free to write it here.	I have a cold							