

My 7-Day Sleep Diary

Complete this diary in the morning. Estimate what you remember instead of watching the clock during the night. Your estimates do not have to be perfect to be useful.

Total sleep time: the sleep window minus time falling asleep and time awake during the night.

Sleep efficiency: the percentage of your sleep window that you spent asleep.

Date	Got into bed	Attempted sleep	Falling asleep (min)	Awake at night (min)	Final awakening	Got out of bed	Naps (min)	Total sleep (min)	Efficiency (%)	Factors

Examples: stress or worry, caffeine, alcohol, pain, medication, screens, noise, light, temperature, or a schedule change.
This diary provides general education. It does not diagnose or treat a sleep problem and is not a substitute for individualized care.