

Alt.support.sleep-disorder newsgroup

Sleep Diary

Name: _____ Date of Birth: _____

Date Started: _____

A sleep diary can be very useful in determining what circumstances in your life affect the way you sleep. It is a good idea to keep a sleep diary for two weeks before you see your sleep doctor or have your sleep study as it may provide valuable information that may help your doctor to diagnose you and determine what further steps may need to be taken to improve your sleep quality.

This particular sleep diary covers a two week period. You may however reprint pages for extra weeks if you wish.

Part 1 of this sleep diary should be filled in before you go to sleep each day. It is beneficial to keep it next to your bed so that you remember to fill it in

Part 2 should be filled in once you wake for the day. Be sure to do it right away so that you don't forget things that disturbed your sleep and so forth.

This document may be freely copied and distributed so long as no changes are made to content without permission.