



Sleep Log

Name:

Date of Birth:

Year:

DIRECTIONS: Use a down arrow (↓) to show when you went to bed. Color in the boxes to show when you were asleep. Use the up arrow (↑) to show when you woke up.

Time ▾	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00
Date ▾	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM
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Notes	<i>Roommate came home late and turned on the radio. It was hard to fall back asleep.</i>																							

Possible causes of sleep disturbance include: medication side effects, caffeine, frequent urination, anxiety, light sensitivity, noise sensitivity, pain, napping during the day.

Month

Time ▾	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00
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Created: 8/15/2014



Office of Developmental Primary Care · UCSF Department of Family and Community Medicine
 500 Parnassus Avenue, MUE318, Box 0900 · San Francisco, CA 94143
 tel: (415) 476-4641 · email: odpc@fcm.ucsf.edu · <http://odpc.ucsf.edu>