



Sleep Log

Name:

Date of Birth:

Year:

DIRECTIONS: Use an O to show when you went to bed. Color in the boxes to show when you were asleep. Use an X 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
1									O					X		O				X				
Notes	Roommate came home late and turned on the radio. It was hard to fall back asleep.																							

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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