

Sleep Log Questions


Answer these questions before you go to bed each night:							
Date							
Did you nap today? If yes, what time?							
Did you drink any alcohol? <small>how much / what time</small>							
Did you drink any caffeine? <small>how much / what time</small>							
Have you taken any medication?							
List medication:							
Answer these questions when you get up in the morning:							
What time did you get into bed last night?							
What time was "lights out",							
How long did it take you to fall asleep?							
What time did you wake up this morning?							
What time did you get out of bed?							
How many hours did you sleep last night?							
How do you feel this morning?							
Did you dream?							