

Sleep Log



INSTRUCTIONS:

- 1 Please answer the first 4 questions before going to bed at night.
· If you take the same medication every day, list it on the medication sheet, and write "as listed" on the Sleep Log.

- 2 Answer the second set of questions when you wake up in the morning.

- 3 Please **do not skip any days.**

- 4 Please keep this Sleep Log by your bed and be as accurate as possible, even if you go to bed and get up at the same time every day.

Name: _____

Date Sleep Log was started: _____

Last date entered on Sleep Log: _____