



**Sleep/Wake and Activity Diary**

How to complete a Sleep/Wake and Activity Dairy: Each morning, make note of the time you went to bed and woke up; mark any time out of bed during the night. Throughout the day, keep track of the timing of your major meals, exercise, consumption of alcohol, caffeine, and medications. Keep track of your habits for a 2 week period to gain some insight into your sleep/wake habits.

Time	6 pm						12 am												12 pm					
Day 1																								
	Comments:																							
Day 2																								
	Comments:																							
Day 3																								
	Comments:																							
Day 4																								
	Comments:																							
Day 5																								
	Comments:																							
Day 6																								
	Comments:																							
Day 7																								
	Comments:																							

↓ = Time to bed

↑ = Time out of bed

C = Caffeine  
A = Alcohol

M = Meals  
S = Snacks

E = Exercise  
T = Toilet during the night

X = Medications