



RLS-SLEEP DIARY INSTRUCTIONS:

I have inserted the same directions on each page of sleep diary, but am setting it out on this separate sheet to ensure that you read it and understand it well before completing the diary.

I appreciate that it is time consuming and takes a certain degree of discipline to complete the sleep diary properly. However this information will help me to assess your condition more accurately and decide how to treat you best.

(1) Complete the diary for day time and evening events before you go to bed. Record the night events first thing when you wake up .

(2) write the date and type of day: Work, School, Day Off, or Vacation.

(3) Put the letter “C” in the box when you have coffee, cola or tea. Put “M” when you take any medicine. Put “A” when you drink alcohol. Put “E” when you exercise.

(4) Put a down-arrow (↓) to show when you go to bed. Use an up-arrow (↑) when you get out of bed. If you get out of bed in the night, please indicate it by use of these arrows.

(5) Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.

(6) Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

(7) Put “R” if you have severe symptoms of RLS - use a “r” if the symptoms are mild and not bothersome.

Name:

Date of Birth:

Hospital No:

Day	Type of day	Afternoon					Evening		Night					Morning			Noon			Day												
		12-1 pm	1-2 pm	2-3 pm	3-4 pm	4-5 pm	5-6 pm	6-7 pm	7-8 pm	8-9 pm	9-10 pm	10-11 pm	11-12 pm	12-1 am	1-2 am	2-3 am	3-4 am	4-5 am	5-6 am	6-7 am	7-8 am	8-9 am	9-10 am	10-11 am	11-12 am							
Tue	work	C	E	C	C	C	C	AA	A																							
Mon																																TUE
Tue																																Wed
Wed																																Thu
Thu																																Fri
Fri																																Sat
Sat																																Sun
Sun																																Mon
Mon																																Tue
Tue																																Wed
Wed																																Thu
Thu																																Fri
Fri																																Sat
Sat																																Sun
Sun																																Mon

THURSDAY morning

-----Wednesday NIGHT-----

-----Thursday NIGHT-----

THURSDAY Afternoon

C
↑
M

↓



