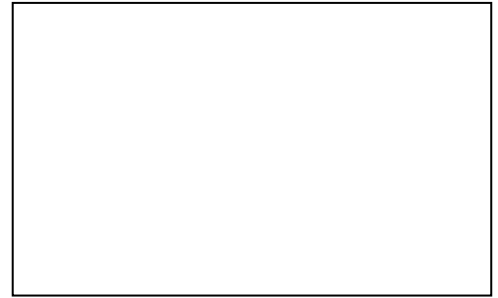


SLEEP DIARY (AASM)



INSTRUCTIONS:

Please read the instructions before completing the sleep diary.

This sleep diary is to be kept in paper format. Please do not keep a diary on your phone or a spreadsheet and then try to transfer it to paper. Please maintain it on paper and bring it along at the time of consultation (or send through the post if requested to do so).

(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. **We do not expect you to be absolutely accurate about the timings – “ball park figures” will do.**

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

(7) Please take a look at the next page – how each day is represented on two panels.

