

HSJT SLEEP DIARY

Start date:

NAME:

DOB:

Week starting:	What time did you get in to bed yesterday:	What time was your final awakening?	What time did you get out of bed for the day?	*So, I was in bed for...(minutes)	How long did it take you to fall asleep?	I woke ? number of times (excluding the final awakening in the morning)	*After first falling asleep, I was awake for (minutes):	*In total I think I slept for (minutes):	Other info: (e.g., time out of bed etc.,)
Night 1									
Night 2									
Night 3									
Night 4									
Night 5									
Night 6									
Night 7									
Total									
Average in minutes				B =			E =	A =	
Average in hours and minutes								C =	

A divided by B x 100 = Sleep Efficiency $A \frac{\quad}{\quad} / B \frac{\quad}{\quad} \times 100 = (D) \frac{\quad}{\quad} \%$