



# Sleep Diary

## MY SLEEP PRESCRIPTION

Bed Time: \_\_\_\_\_

Rise Time: \_\_\_\_\_

DAY OF THE WEEK							
DATE							
<b>Q1</b> What time did you go to bed?							
<b>Q2</b> What time did you try to go to sleep?							
<b>Q3</b> What time did you fall asleep?							
<b>Q4</b> How many times did you wake up during the night?							
<b>Q5</b> In total, how long did these awakenings last (minutes)?							
<b>Q6</b> What time was your final awakening?							
<b>Q7</b> What time did you get out of bed to start your day?							
<b>Q8</b> Note anything that interfered with your sleep							



### End of week calculations

Easy calculations at [mysleepwell.ca/calculator](https://mysleepwell.ca/calculator)

My sleep duration (typical night): \_\_\_\_\_ My sleep efficiency (typical night): \_\_\_\_\_