

Instructions for Use of Sleep Diary

Please fill out sleep diary every night/morning for 2 weeks before your visit (if your appointment is less than 2 weeks away, fill out every night until your visit)

Left half of diary to be completed at night, just before going to bed.

Unusual daytime stressors: briefly write down anything out of the ordinary. Use the back of the diary if necessary.

Fatigue rating: Use the scale at top of sleep diary and fill in (0 to 100)

Naps: Record how many naps, if any, and how long they were for.

Exercise: Write YES/NO. If you did exercise, please indicate how long you exercised for and what time.

Caffeine: Write down what you had with caffeine in it (and the amount you had) as well as the time you consumed the caffeine. Don't forget that things other than coffee have caffeine in them as well such as certain types of tea, chocolate and soda.

Sleep medications and/or alcohol: If you took any sleep medications, write down what you took and the dose. Also indicate if you had any alcohol, how much and at what time you did so.

Time you went to bed and turned out lights: Write down the time you got into bed and turned out lights, intending to go to sleep.

Right half of diary to be completed just as you awaken in the morning.

It will refer to the night's sleep you just had. DO NOT FILL OUT IN THE MIDDLE OF THE NIGHT – WE ONLY NEED AN ESTIMATE. DO NOT CLOCK WATCH AT NIGHT.

How long it took you to fall asleep for the first time: Write down how long (estimate in your own opinion, don't watch the clock) it took you to fall asleep for the first time after turning out the lights.

Number of times you woke up after falling asleep: Indicate the number of times you woke up after you first fell asleep.

How long were you awake after falling asleep: Combining all of the times you were awake in the middle of the night (*after* first falling asleep), estimate how long you think you were up **in total** after falling asleep (for example, if you woke up 3 times in the night *each* for 20 minutes – write down 60 minutes here because 3 times awake X 20 minutes = 60 minutes total).

Time you finally woke up: What time did you finally wake up in the morning?

Time you finally got out of bed: What time did you finally get out of bed in the morning (might be different from the time you finally woke up since you might stay in bed for a little while – or longer – before getting up to start the day).