***AM Diary***

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Example |  |  |  |  |  |  |  |
|  | Date (Day of the Week) | *12/11 (Mon)* |  |  |  |  |  |  |  |
| Q1. | What time did you get in bed last night? | *11:00pm* |  |  |  |  |  |  |  |
| Q2. | What time did you try to go to sleep? | *11: 30pm* |  |  |  |  |  |  |  |
| Q3. | How long did it take for you to fall asleep? | *1 hr 15 mins* |  |  |  |  |  |  |  |
| Q4. | How many times did you wake up after you first fell asleep? | *2-3* |  |  |  |  |  |  |  |
| Q5. | In total, how long did these awakenings last? | *40 mins* |  |  |  |  |  |  |  |
| Q.6 | What time was your final awakening? | *6:10am* |  |  |  |  |  |  |  |
| Q7. | After your final wakening, how long did you spend in bed trying to sleep (Snooze)? | *none* |  |  |  |  |  |  |  |
| Q8. | Did you wake up earlier than you planned? | *no* |  |  |  |  |  |  |  |
| Q9. | If yes, how much earlier? | *--* |  |  |  |  |  |  |  |
| Q10. | What time did you get out of bed? | *6:30am* |  |  |  |  |  |  |  |
| Q11. | In total, how many hours were you physically in bed (Q10 – Q1)? | *7.5 hrs* |  |  |  |  |  |  |  |
| Q12. | In total, how many hours did you sleep? | *5 hrs 15 mins* |  |  |  |  |  |  |  |
| Q13. | How would you rate your sleep quality? | Very Poor  Poor  Fair  Good  Very Good | Very Poor  Poor  Fair  Good  Very Good | Very Poor  Poor  Fair  Good  Very Good | Very Poor  Poor  Fair  Good  Very Good | Very Poor  Poor  Fair  Good  Very Good | Very Poor  Poor  Fair  Good  Very Good | Very Poor  Poor  Fair  Good  Very Good | Very Poor  Poor  Fair  Good  Very Good |
| Q14. | How rested or refreshed when woke up for the day? | Not at all rested  Slightly rested  Somewhat rested  Well-rested  Very well-rested | Not at all rested  Slightly rested  Somewhat rested  Well-rested  Very well-rested | Not at all rested  Slightly rested  Somewhat rested  Well-rested  Very well-rested | Not at all rested  Slightly rested  Somewhat rested  Well-rested  Very well-rested | Not at all rested  Slightly rested  Somewhat rested  Well-rested  Very well-rested | Not at all rested  Slightly rested  Somewhat rested  Well-rested  Very well-rested | Not at all rested  Slightly rested  Somewhat rested  Well-rested  Very well-rested | Not at all rested  Slightly rested  Somewhat rested  Well-rested  Very well-rested |

# Please fill out the AM diary in the morning about the previous night’s sleep. Don’t worry about being very accurate. Your estimates will be sufficient.

***PM Diary***

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Example |  |  |  |  |  |  |  |
|  | Date (Day of the Week) | *12/11 (Mon)* |  |  |  |  |  |  |  |
| Q1. | Did you nap? When? How long? | *2pm*  *2hrs 15 mins* |  |  |  |  |  |  |  |
| Q2. | Did you consume any caffeinated beverages or foods? When? How much? | *7am 1 coffee*  *1pm*  *1 coffee*  *7pm*  *1 green tea* |  |  |  |  |  |  |  |
| Q3. | Did you drink any alcoholic beverages? When? How much? | *9pm*  *2 glasses of wine* |  |  |  |  |  |  |  |
| Q4. | Did you take any over-the-counter or prescription medications to help you sleep? If yes, list the medications, dose, and time taken | *None* |  |  |  |  |  |  |  |
| Q5. | Comments (if applicable) |  |  |  |  |  |  |  |  |

\* Please fill out the PM diary in the evening.