

Worksheet

Professional Version | US English

Sleep Diary



Description

Diaries are a crucial information-gathering tool. They can be used for symptom monitoring during an assessment phase of therapy, symptom monitoring during therapy, or correlating activity with symptoms. This *Sleep Diary* includes spaces to record sleep onset, wake time, sleep duration, and night waking. It also encourages clients to collect information about their caffeine intake, exercise, and mood, which can be used to explore relationships with sleep.

Instructions

This *Sleep Diary* consists of two sections, one to be completed in the morning, and the other to be completed in the evening.

In the morning, clients are encouraged to record:

- The time they went to bed last night.
- The time they got up this morning.
- Total sleep duration (time in bed minus time awake).
- Number of times woken during the night.

In the evening, clients are encouraged to record:

- The number of caffeinated drinks consumed that day.
- The time of the last caffeinated drink.
- The amount of exercise completed that day.
- The activity completed in the last hour before the client fell asleep.
- Mood today (subjective rating 0–10).

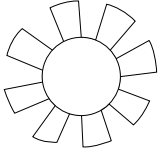
References

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Carney, C. E., Buysse, D. J., Ancoli-Israel, S., Edinger, J. D., Krystal, A. D., Lichstein, K. L., & Morin, C. M. (2012). The consensus sleep diary: standardizing prospective sleep self-monitoring. *Sleep*, 35(2), 287-302.

Sleep Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Complete in the MORNING

I went to bed last night at (time):							
I got up this morning at (time):							
I slept for a total of (hours):							
I woke up during the night (# times):							



Complete in the EVENING

Number of caffeinated drinks today:							
Time of last caffeinated drink:							
Exercise completed today (minutes):							
What I did in the hour before I fell asleep:							
Mood today? (0=awful, 10=great):							

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