SLEEP DIARY

Name :	
Week Ending:/	
1	
Next Appointment:	•
at 	
AM / PM with Dr.	

						Sunday 1/9/17	Day & Date	↑	FATIGUE	SLEE SLEE	
				•		3pm for 1 hr	Naps: time & length		3UE:	SLEEPINESS:	
			·			argument at dinner, 2 beers 6-8pm, Ambien 10 mg at 9:30pm	Unusual stressors, alcohol, & medications for sleep	COMPLETI	Extremely fatigued	SLEEPINESS AND FATIGUE RATING SCALE: (AVERAGE RATING FOR THE WHOLE DAY 50 25 Somewhat sleepy Neutral SEPINESS: Extremely sleepy Somewhat sleepy Neutral	
						ПОрт	Time you went to bed	COMPLETE AFTER GETTING OUT OF BED	Somewhat fatigued	ALE: (AVERAGE I 25 Somewhat sleepy	
					Ser.	30 min	Time it took to fall asleep	TING OUT OI	gued	GE RATING	
	* \					3	# of awakenings	F BED	Neutral	FOR THE W 50 Neutral	
						30 min	*Amount of time awake		Sc	HOLE DA	
						бат	got up for the day	V	Somewhat energetic	Y FOLLOWING 75 Somewhat alert	
						7 hr	sleep time		rgetic	NG A GIV	
						75	Daytime Sleepiness	RATE AT THE DAY, AVERA	Very energetic	Y FOLLOWING A GIVEN SLEEP EPISODE) 75100 Somewhat alert Very alert	
1						45	Physical Fatigue	SEND OF THE SE LEVEL OF:	RATE AT THE END OF THE DAY, AVERAGE LEVEL OF:	tic	ISODE)

^{*} Amount of time awake: this is all the time you spent awake during the night, from the first time you awakened to the time you got out of bed. It does not include the time it took you to fall asleep initially.