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| SLEEP DIARY |
| week starting: | Last night I went to bed at: | This morning I got up at: | So I was in bed for (mins): | It took me ? Mins to fall asleep: | I woke ? Number of times | On average I was awake for ? mins each time | I stayed in bed for ? mins after I woke for the final time | During the night I was awake for ? Mins: | In total I think I slept for ? Mins | Other info |
| Night 1 |  |  |  |  |  |  |  |   |   |   |
| 2 |   |   |   |   |   |   |   |   |   |   |
| 3 |   |   |   |   |   |   |   |   |   |   |
| 4 |   |   |   |   |   |   |   |   |   |   |
| 5 |   |   |   |   |   |   |   |   |   |   |
| 6 |   |   |   |   |   |   |   |   |   |   |
| 7 |   |   |   |   |   |   |   |   |   |   |
| Total |   |   |   |   |   |   |   |   |   |   |
| Average in minutes |   |   |   |   |   |   |   |   |   |   |
| Average in hours and minutes |   |   |   |   |   |   |   |   |   |   |