

Sleep Journal

	Time to bed at night	Time awake in the morning	Duration and number of times awakened during the night	Total Sleep Time	In the morning, how did you feel?	Did you remember any dreams?	What did you do one hour before going to sleep?
Day _____ Date _____	pm _____ am _____	_____ am	_____ minutes _____ times	_____ hours _____ minutes	tired _____ refreshed _____	yes _____ no _____	
Day _____ Date _____	pm _____ am _____	_____ am	_____ minutes _____ times	_____ hours _____ minutes	tired _____ refreshed _____	yes _____ no _____	
Day _____ Date _____	pm _____ am _____	_____ am	_____ minutes _____ times	_____ hours _____ minutes	tired _____ refreshed _____	yes _____ no _____	
Day _____ Date _____	pm _____ am _____	_____ am	_____ minutes _____ times	_____ hours _____ minutes	tired _____ refreshed _____	yes _____ no _____	
Day _____ Date _____	pm _____ am _____	_____ am	_____ minutes _____ times	_____ hours _____ minutes	tired _____ refreshed _____	yes _____ no _____	
Day _____ Date _____	pm _____ am _____	_____ am	_____ minutes _____ times	_____ hours _____ minutes	tired _____ refreshed _____	yes _____ no _____	
Day _____ Date _____	pm _____ am _____	_____ am	_____ minutes _____ times	_____ hours _____ minutes	tired _____ refreshed _____	yes _____ no _____	