Date	Sleep
	Diary
	for_

Date	Example	August 10, 2002											4				
Z 7 '		1	H		1		1	1				Ì		1			
27																	
3 9	7	ţı															
3 4 5														L			
₹ 70 \																	
278																	
< 7 :	1	u															
= = ;	2	C/S												L		1	
44 -	- Contract	S															
2 - 1-	DIAME.	S															
	STATE	S															
4 4 2	TANK TANK	S											1	L		1	
. 2 0	Mo	S											1			1	
40	Mar	S								L						1	
A	M	S														1	
2 00	ME	S		Ŋ					4		<u></u>					1	
A 9	184															1	
A 10	300				L				1								
A II	M															1	
PI	M								1								
P 1	M																
P 12	M															L	
70	×	S											_				
7 4	183					1			1			_	1		_	1	
NOTES		20 min nap, aerobics															

Key:

leave blank for hours awake

E = time spent exercising

B = time in bed but awake

S = time in bed and asleep (including time napping)

A = Alcoholic beverage (beer, wine, liquor) consumed C = Caffeinated beverage (coffee, cola, etc.) consumed

Please note that the recording period begins at 5 PM and record length of naps in the notes section as well as anything unusual that happened that day or anything you think we should know.

Please pay close attention to any factors which wake you from sleep or prevent you from getting back to sleep and record them in the notes section.