TWO WEEK SLEEP DIARY

INSTRUCTIONS

- 1. Write the start date of the diary.
- 2. Write the day of the week and the type of day.
- 3. Put the letter "C" in the appropriate box when you have coffee, cola, tea or any caffeine product.
- 4. Put the letter "M" when you take any medicine.
- 5. Put the letter "E" in the box when you exercise.
- 6. Put an "A" when you drink alcohol.

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Olathe Medical Center

20333 West 151st Street

Olathe, Kansas 66061

- 7. Put a line () to show when you go to bed and shade any boxes that you think you slept during.
- 8. Be sure to shade in any boxes where you may have taken naps.
- 9. Leave boxes empty to show when you wake up at night and are awake during the day.

Start Date:																									
Day of the week	Type of day Work, School, Vacation, etc	Noon	1 PM	2	3	4	5	6 PM	7	8	9	10	11 PM	Midnight	1 AM	2	3	4	5	6 AM	7	8	9	10	11AM
Mon.	SAMPLE		E					Α				I										СМ			
WEEK ONE																									
WEEK TWO																									

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3.8.2013

O.M.C. No. 2073



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