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.

Start Date:

- 7. Put a line (I) 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.

Day of Type of day \mathbb{R} 6 PM $\frac{1}{2}$ 1 PM the Work, School, 10 10 Vacation, etc 2 5 7 8 9 7 2 8 week 3 3 5 SAMPLE CM Ε Α Mon. **WEEK ONE WEEK TWO**

20.0018

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O.M.C. No. 2073