

# [Sleep diary](https://assignbuster.com/sleep-diary/)

SLEEP DIARY Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Complete after awakening: Time you went to bed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time you fell asleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time you woke up \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number of times awakened during the night \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Amount of time awake during the night \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Nighttime Sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Comments on quality of night’s sleep: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Did you feel groggy after getting up in the morning? Yes \_\_\_\_\_ If yes, for how long? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Complete at the end of the day: Naps: Time fell asleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time awoke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Nap Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Comments on quality of naps: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Using the Stanford Sleepiness scale below, note your alertness during the day. 1. 2. 3. 4. 5. 6. 7. Feeling active, vital, alert, wide awake Functioning at a high level, not at peak Relaxed, not full alertness, responsive A little foggy, not at peak, let down Fogginess, losing interest, slowed down Sleepiness, prefer to by lying down Almost in a reverie, hard to stay awake 6 AM 8AM 10 AM NOON 2 PM 4 PM 6 PM 8 PM 10 PM MDNT No \_\_\_\_\_ How was your overall sleepiness/alertness today (1-7)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other comments on mental and physical: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Complete after awakening (using back of this page): 1. 2. 3. Do you remember any of your dreams? If so, write down every detail you can remember about the dream. Explain any latent content (relationship to deep wishes and goals) in the above dream. Explain any manifest content (relationship to events occurring in daily life) in the above dream.