

# Sleep Diary

Name: \_\_\_\_\_

## Monday

1. Time I went to sleep \_\_\_\_\_ Time I woke up \_\_\_\_\_ Total sleep time \_\_\_\_\_

2. How did I feel when I woke up?

Wide awake and ready for the day!	Awake, but feeling a little tired.	I want to go back to sleep...		
1	2	3	4	5

## Tuesday

1. Time I went to sleep \_\_\_\_\_ Time I woke up \_\_\_\_\_ Total sleep time \_\_\_\_\_

2. How did I feel when I woke up?

Wide awake and ready for the day!	Awake, but feeling a little tired.	I want to go back to sleep...		
1	2	3	4	5

## Wednesday

1. Time I went to sleep \_\_\_\_\_ Time I woke up \_\_\_\_\_ Total sleep time \_\_\_\_\_

2. How did I feel when I woke up?

Wide awake and ready for the day!	Awake, but feeling a little tired.	I want to go back to sleep...		
1	2	3	4	5

## Thursday

1. Time I went to sleep \_\_\_\_\_ Time I woke up \_\_\_\_\_ Total sleep time \_\_\_\_\_

2. How did I feel when I woke up?

Wide awake and ready for the day!	Awake, but feeling a little tired.	I want to go back to sleep...		
1	2	3	4	5

## Friday

1. Time I went to sleep \_\_\_\_\_ Time I woke up \_\_\_\_\_ Total sleep time \_\_\_\_\_

2. How did I feel when I woke up?

Wide awake and ready for the day!	Awake, but feeling a little tired.	I want to go back to sleep...		
1	2	3	4	5

## Saturday

1. Time I went to sleep \_\_\_\_\_ Time I woke up \_\_\_\_\_ Total sleep time \_\_\_\_\_

2. How did I feel when I woke up? [Circle one number choice]

Wide awake and ready for the day!	Awake, but feeling a little tired.	I want to go back to sleep...		
1	2	3	4	5

## Sunday

1. Time I went to sleep \_\_\_\_\_ Time I woke up \_\_\_\_\_ Total sleep time \_\_\_\_\_

2. How did I feel when I woke up?

Wide awake and ready for the day!	Awake, but feeling a little tired.	I want to go back to sleep...		
1	2	3	4	5