Rx FILES

SLEEP DIARY: a record of your sleep each night. The best time to record is just before you go to bed and when you wake up.

	Awake Period: record before going to bed						Sleep Period: record when you get up in the morning				
DATE	Background information: How stressful was today? (0=no stress; 5= lots of stress) What exercise did you do today? Did you nap today? If yes, when and for how long? Did you take sleep medication? If so, what?				Time into bed	Time lights were turned out	Minutes to fall asleep	How many times did you wake up in the night, and how long were you awake for?	Time of final awakening	Time got out of bed	Total Sleep
Example	Stress level	Exercise	Nap	Sleep meds							
Monday	3	20 min walk at 2 pm	no nap	zopiclone 5mg at 10 pm	10:45 pm	11:00 pm	60 min	4 awakenings, about 15 minutes each	8:00 am	8:30 am	7 hours

Avoid recording in the middle of the night. An estimate of your sleep is all that is required; **do not** attempt to get precise times by checking your clock.

Total Sleep: this is the time from falling asleep to the final awakening, MINUS any time spent awake during the night.