Adult Sleep Diary

Wake Up and Learn

Better sleep, easier from **Geisinger**

Why use a sleep diary?

Keeping a sleep diary can help you identify patterns in your daily routine that might contribute to poor sleep. It can also help you better understand how much sleep you're actually getting.

Do your best to enter information as accurately as possible, but don't stress if you have to estimate.

You can share your sleep diary with your doctor for more feedback, or just use it as a tool for yourself.

Instructions:
- Throughout the day, use the codes to track your activities.
- Place a **vertical line** (|) to show when you go to bed.
- **Shade** the box that shows when you think you fell asleep.
- **Shade** all boxes when you were asleep at night or took a nap.
- Woke up at night? Leave those boxes **unshaded**.

Code:
- **C** = Coffee, cola or tea
- **M** = Medicine
- **A** = Alcohol
- **N** = **Nicotine**
- **E** = Exercise
- **ST** = Screen time (phone, TV or tablet use)

Example sleep entries:
- *On Monday, I woke up at 6:30 a.m., went to work then to the gym, took a nap from 5:45 – 6:30 p.m., then watched TV until I fell asleep at 2 a.m. Tuesday morning. I had soda a few times during the day.*
- *On Tuesday, I stayed home because I didn't feel well. I slept until 7 a.m. then napped 7:30 – 11:30 a.m. I took medicine with my lunch. I got in bed to sleep at 10 p.m., but I didn't fall asleep until 11:30 p.m.*

Date	Day of the week	Type of day: work, school, day off, vacation	☽ 12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM
9/3	M	work													C				E	C				C		C
9/4	Tu	sick		ST											M C				C							

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Week 1

Date	Day of the week	Type of day: work, school, day off, vacation	☽ 12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM

Week 2

Date	Day of the week	Type of day: work, school, day off, vacation	☽ 12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM

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