

## Loughborough Daily Sleep Diary

Complete the diary each morning ("Day 1" will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

Your Name \_\_\_\_\_

The date of Day 1 \_\_\_\_\_

|   |   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|-------|-------|-------|-------|-------|-------|-------|
|   | Enter the Weekday (Mon, Tues, Wed, etc.)  |       |       |       |       |       |       |       |
| 1 | At what time did you go to bed last night?  |       |       |       |       |       |       |       |
| 2 | After settling down, how long did it take you to fall asleep?                           |       |       |       |       |       |       |       |
| 3 | After falling asleep, about how many times did you wake up in the night?                |       |       |       |       |       |       |       |
| 4 | After falling asleep, for how long were you awake during the night <u>in total</u> ?    |       |       |       |       |       |       |       |
| 5 | At what time did you finally wake up?   |       |       |       |       |       |       |       |
| 6 | At what time did you get up?  |       |       |       |       |       |       |       |
| 7 | How long did you spend in bed last night (from first getting in, to finally getting up) |       |       |       |       |       |       |       |
| 8 | How would you rate the <u>quality</u> of your sleep last night?                         |       |       |       |       |       |       |       |
|   | 1      2      3      4      5<br>V. Poor                      V. Good                   |       |       |       |       |       |       |       |