

SLEEP DIARY

	Time Sleeping				Time in Bed		
	Fell asleep	Woke up	Length of time awake in night	Minutes	Went to Bed	Got up	Minutes
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
					Add time in bed per night ÷ 7 = Average time in bed		
					Add time asleep per night ÷ 7 = Average time asleep		
					Sleep efficiency = average time asleep ÷ average time in bed x 100 =		