## SLEEP LOG

## **INSTRUCTIONS:**

1. Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation. 2. Put the letter "C" in the box when you have coffee, cola or tea. Put "**M**" when you take sleep medicine. Put "**A**" when you drink alcohol. Put "**E**" when you exercise. 3. Put a line (I) to show when you go to bed. SHADE in the box that shows when you think you fell asleep. 4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day. 5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

EBORAH

Today's	Day	Type of Day	Z	_					_						Å	4					4					
Date	Day of the week	Type of Day Work, School, Off, Vacation	12 NN	1PM	2	с	4	5	6PM	7	8	6	10	11P	12 MN	1AM	2	3	4	5	6AM	7	8	6	10	11A
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