

Keeping a Sleep Diary

Learn about your sleep patterns and habits by keeping a daily sleep diary. It may be key to helping you and your health care provider diagnose and treat a sleep disorder. Make up a chart with spaces for:

- The time you went to bed and woke up
- How long and well you slept
- When you were awake during the night
- How much caffeine or alcohol you consumed and when
- What/when you ate and drank
- What emotion or stress you had
- What drugs or medications you took

Here is an example of a sleep diary. Print it out and use it or create your own sleep diary.

Date:

Bedtime:

Wake time:

Duration of sleep:

Number of times awake at night:

Quality of sleep:

Caffeine consumption and time consumed	Alcohol consumption and time consumed	Food/drink consumption and time consumed	Emotions/ stress	Medications

SOURCE: American Sleep Association.

Reviewed by Louis R. Chanin, MD on July 28, 2012

http://www.webmd.com/sleep-disorders/guide/sleep-diary?ecd=wnl_slw_071014&ctr=wnl-slw-071014_promo_3&mb=tdqBiFFJL7DPXNZ2FHEaeHnVev1imbCy0%2f9rpkC37M%3d