SLEEP LOG

Observe your sleep for one week and note the following points:

Before falling asleep

	Example	Mon	Tue	Wed	Thu	Fri	Sat	Sun
How are you feeling right now? (1: very good / 6: very bad)	2							
How easy/difficult was it for you today to perform your tasks (work, leisure, household chores)? (1: very easy / 6: very difficult)	4							
Did you sleep during the day today? If so, please specify when and for how long in total:	13:00 15 min							
What was your evening ritual? What did you do before going to bed?	watched TV							
How fresh/tired do you feel right now? (1: very fresh / 6: very tired)	4							
What time did you go to bed?	22:30							
What thoughts are on your mind?	Bad mood at work							

After getting up

	Example	Mon	Tue	Wed	Thu	Fri	Sat	Sun
How fresh/tired do you feel right now? (1: very fresh / 6: very tired)	2							
How are you feeling right now? (1: very good / 6: very bad)	4							
What time did you turn off the lights yesterday?	22:30							
How long did it take you to fall asleep after turning off the light? (in minutes)	15 min							
Were you awake at night? • How often? • How long in total? (in minutes)	1x 10 min							
When did you finally wake up?	06:30							
How long did you sleep in total? (in hours and minutes)	7'45							
When did you finally get up?	06:40							
Have you taken any sleep medication since last night? (Medication, dose, time)	No							

Source: Spiegelhalder K, Backhaus J & Riemann D. (2011). Sleep disorders. Advances in psychotherapy. Göttingen , Bern , Vienna: Hogrefe Publishing.

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