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Sleep Diary For:

- 1. Mark the time you got into bed with a downward arrow (\downarrow)
- 2. Mark the time you got out of bed with an upward arrow (\uparrow)
- 3. Shade the lines of sleep

T - Tobacco A - Alcohol C - Caffeine (log when applicable)

		After	noon	_	\rightarrow	Eve	ening		\rightarrow		Midn	ight			\rightarrow		Mo	rning	į	\rightarrow			Noo	n		(log v	then applicable)
Date	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	# of Hours Slept	Quality of Sleep 1=poor, 10=great	NOTES (Include Medicines)
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