

Sleep Diary (v2.1)	Your initials:	Target bedtime & rise time:	For the week of:
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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. What time did you try to go to sleep?							
2. What time did you get out of bed to start your day?							
Sleep Opportunity (# of hours/minutes between #1 to #2)							
3. How long did it take you to fall asleep?							
4. How many times did you wake up, not counting your final awakening?							
5. In total, how long did these awakenings last?							
6. What time was your final awakening?							
7. After your final awakening, how long did you spend in bed trying to sleep?							
Total Wake Time (Add #3, #5, & #7)							
8. How would you rate the quality of your sleep? (1 = poor; 10 = good)							

Weekly Averages (calculate at the end of the week)		
(9) Sleep Opportunity (ASO)	Add all of the sleep opportunities and divide by the number of nights.	SO _____ / #N _____ =
(10) Wake Time (AWT)	Add all of the total wake times and divide by the number of nights.	WT _____ / #N _____ =
(11) Sleep Time (AST)	Subtract your Average Wake Time (item 10) from your Average Sleep Opportunity (item 9)	ASO _____ - AWT _____ =
(12) Sleep Efficiency (ASE)	Divide your Average Sleep Time (item 11) by your Average Sleep Opportunity (item 9)	AST _____ / ASO _____ = %

Note: When calculating your sleep opportunity and total wake time, it is recommended that you round your numbers to the nearest quarter hour, and indicate minutes in decimal form (e.g., 8.25 means 8 hours and 15 minutes).

Sleep Diary Instructions

Basic instructions

(1) On each day, complete the diary soon after your final awakening.

(2) Keep the diary in a place where it is likely for you to see and complete it. *Tip: Link it to something you always do. For example, keep it next to your toothbrush and complete it before brushing your teeth.*

(3) For each question, use your best guess. Don't rely on data from electronic devices.

(4) During the night, don't worry about keeping track of times. Avoid clockwatching.

(5) Bring completed diaries to your sessions. You can also send me a photo of your diary prior to a session by uploading it to my secure "file upload" page at:

- <https://www.cognitofrms.com/CorvallisClinic1/drbin/ggelifileupload>

Clarification of the meaning of certain items

Target bedtime & rise time: The times you plan to consistently go to bed at night and get out of bed in the morning.

Item #1: What time did you try to go to sleep? *This is when you turned out the lights and set the intention to actually fall asleep.*

Item #4: How many times did you wake up, not counting your final awakening? *This is the number of times you awakened during the after first falling asleep, except for the last time you awakened before getting out of bed to start your day.*

Item #5: In total, how long did these awakenings last? *If you had one or more awakenings during the night (see question #4), how long did these last in total. For example, if you had two awakenings of 30 minutes each, the answer would be 60 minutes.*

Item #6: What time was your final awakening? *This is the time you awakened and got no further sleep for the night before getting out of bed to start your day.*

Item #9: Average Sleep Opportunity (ASO): *This is the average amount of time per night that elapsed between the time you set the intention to fall asleep (see item #1) and when you got out of bed to start your day (see item #2).*

Item #10: Average Wake Time (AWT): *This is the average amount of time per night you were awake during the night.*

Item #11: Average Sleep Time (AST): *This is the average amount of sleep you got per night.*

Item #12: Average Sleep Efficiency (ASE): *This is the average percent of time you were asleep during your sleep opportunity.*