SLEEP DIARY

Name: **Personal identity code:**

Date	Day of the week	Time 12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	Time when you went to bed	Time when you woke up	Time it took to fall asleep (min)	Quality of sleep (0-10)
7.8.	Mon			V	V	X	X					↓	X	X	X		X	X	X	X	↑				V	22.31	7.15	15	4
8.8.	Tue	N											↓	X	X	X	X	X	X	X	X	X	X	↑		23.54	10.20	45	8

Date	Comments, e.g . working hours, health condition, any medication that you do not take regularly during the day or night, other things related to sleep or alertness (you can continue on the other side of this paper if needed)	Units of alcohol	Coffee
7.8.	I took a Panadol 500mg for headache in the afternoon and a 1,5hour nap	2 glasses of wine,1 beer	2
8.8.	I fell asleep next to my computer after lunch. Evening shift from 15-23.	-	4

X = asleep at night and naps taken intentionally
↓ = going to bed in order to sleep
↑ = waking up
V = you are tired and want to sleep
N = you have fallen asleep, without intention to do so

Mark the exact time of going to bed and waking up from one night (main sleep period of the day) on the same line as shown in the example.

Quality of sleep 0 - 10 (0 bad, 10 good): your own estimate of the quality of your sleep, affected by how deep your sleep was, awakenings during the night and how refreshed you felt afterwards.

Coffee = write down the amount of coffee, tea and cola or energy drinks consumed during the day (and night).

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