

# Sleep Diary

[illegible]

- Fill in the date and day that you start logging your sleep; and each day thereafter.
- Place an 'M' for any medication
- Place an 'E' for exercise
- To show the time that you got onto bed please place a B in the box
- Shade in the box when you have been asleep, this can also be half boxes; please do the same if you nap in the day!
- Please leave boxes blank to show that you are awake

