

Name:

Date:

Sleep Journal

Instructions

The National Heart Blood and Lung Institute's sleep journal format (Link: https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf) is provided below, along with a one-day example. Record your sleep habits for one full week and be prepared to discuss any relationship you observe between sleep patterns and your physical and mental state.

Sample Sleep Diary									
Name:									
Complete in the Morning	Today's Date	Monday*							
	Time I went to bed last night:	11 p.m.							
	Time I woke up this morning:	7 a.m.							
	Number of hours slept last								

	night:	8							
	Number of times I woke up last night and total time awake:	5 times 2 hours							
	How long I took to fall asleep last night:	30 minutes							
	How awake did I feel when I got up this morning? 1 – wide awake 2 – awake but a little tired 3 – sleepy	2							
Complete in the Evening	Number of caffeinated drinks I had today (soda, tea, coffee) and time when I had them today:	1 soda at 11 a.m. 1 soda at 3 p.m.							
	Naptimes and lengths today:	N/A							
	Type and length of exercise today:	30-minute walk home							

		from school							
	How sleepy did I feel during the day today?	2							
	1 – So sleepy had to struggle to stay awake during much of the day								
	2 – Somewhat tired								
	3 – Fairly alert								
	4 – Wide awake								
*Sample diary entries – use as a model for your own diary notes.									