Sleep Logbook

Here is an example of a sleep logbook that can help you identify your current sleeping patterns. Fill it in everyday for one to two weeks. If you seek professional help, bring in your logbook, this will enable the clinician to choose the best treatment for you.

Date	Time went to bed	Time fell asleep	# of times woke up & how long awake	Time woke up	Total hours in bed	Total hours of sleep	Did you wake up Refreshed or Tired?	Rate level of Fatigue during the day from 1 (*not at all*) to 10 (*extremely*)	Write down anything that might have affected your sleep last night.
12/10	10:30pm	11:30pm	2 times 12:15 for 15 min 3am for 30 min	7am	8.5 hrs	6.75 hrs	Tired	7/10	Drank glass of wine before bed, had to get up to pee

Sleep Strategies Logbook

Use this logbook to keep track of the strategies you are using to improve your sleep and to rate their effectiveness. Fill it in everyday, and remember, it can take several weeks before you see improvement in your sleep. Start with one or two strategies so you can determine what has been useful.

Date	Strategies Used	Time it took to fall asleep	Number of times awake	Total hours of sleep	Rate Tiredness during the day from 1 (*not at all*) to 10 (*extremely*)
24/10	Relaxation exercise Dark room	15 min	1	6.5	5/10