**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.

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| **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 |
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**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.

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| **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 |
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