# TWO WEEK SLEEP DIARY

KAIROS HEALTH PLLC

INSTRUCTIONS:

**(1)** Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation. **(2)** Put the letter “C” in the box when you have coffee, cola or tea. Put “M” when you take any medicine. Put “A” when you drink alcohol. Put “E” when you exercise. Put "D" when you eat dinner. **(3)** Put a “↓” in the box to show when you go to bed and "↑" when you get out of bed. **(4)** Shade all the boxes when you are asleep at night or when you take a nap during the day. **(5)** Leave boxes empty to show when you wake up at night and when you are awake during the day.

*SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around Midnight, woke up and couldn’t got back to sleep at about 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7 AM. I felt more anxious than usual.*

| Date | Day of the week | Type of Day (Work, School, Day Off, Vacation) | Noon | 1 PM | 2 PM | 3 PM | 4 PM | 5 PM | 6 PM | 7 PM | 8 PM | 9 PM | 10 PM | 11 PM | Midnight | 1 AM | 2 AM | 3 AM | 4 AM | 5 AM | 6 AM | 7 AM | 8 AM | 9 AM | 10 AM | 11 AM | Notes |
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| | Mon. | Work | | E | | | | | DA | ↓ ↑ | | | ↓ | | | | | | | | ↑ | C M | | | | | Anxious today |

week 1

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week 2

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