## Weekly Sleep Log

<table>
<thead>
<tr>
<th>Date:</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

What time did you go to bed?

What time did you turn the lights out to go to sleep?

About how long did it take you to fall asleep? (1/2, 1, 2 hours, etc.)

How many times did you wake up last night?

About how long were you awake during the night? (total time of all awakenings) (1/2, 1, 2 hours, etc.)

What was your final wake up time this morning?

What time did you get out of bed?

About how many hours did you sleep last night?

Sleep medications (indicate dose):