

7-DAY SLEEP/WAKE DIARY

ADELAIDE INSOMNIA CLINIC

PSYCHOLOGY SERVICES

296 GOODWOOD ROAD CLARENCE PARK 5034

Email: kk@insomniaclinic.com.au • Web: www.insomniaclinic.com.au • Mobile 0402 826 968 • ABN: 56109987573

The diary starts at **9 a.m.** on the first day.

Just before going to bed at night:

- Using the letters below, record the following activities at the appropriate times:
 - C** - caffeine (one C for each cup of coffee, tea, chocolate, glass of cola etc);
 - A** - alcohol (one A for each standard alcoholic beverage);
 - F** - food;
 - P** - sleeping pill (include brand/name if known);
 - E** - exercise.
- Rate your level of **daytime fatigue** in the last column;
- Place a *down* arrow (↓) at the time you **go to bed**;
- Place a ● when you turn out your light.

When you get up in the morning:

- Draw a line across the chart for the periods that you felt you were **asleep** (—) or in **light sleep** (-----) leaving gaps for awake times;
- Mark the times where you got in & out of bed for a **short break** (‡) to go to the toilet, to get a drink, etc;
- Mark the time you actually got **out of bed** with an *up* arrow (↑);
- Calculate your daily **Total Sleep Time** (e.g. 5.0 hours) by adding up how long you slept in the night. **Light Sleep** is counted as ½ sleep & ½ awake.
i.e. 2hrs of Light Sleep = 1hr of Sleep Time;
- Calculate your daily **Total Time in Bed** (e.g. 10.0 hours) as the time from the **First Time into bed** until the **Last Time out of bed**.
Do not deduct any breaks during the night.

At the End of the Week:

- Total up the daily **Total Sleep Time** and **Total Time in Bed** columns;
- Calculate your weekly **Sleep Efficiency** by dividing your **Total Sleep Time** by your **Total Time in Bed**.