

# My Sleep Diary

<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	(Circle which week you're on)					

	<b>Night 1</b>	<b>Night 2</b>	<b>Night 3</b>	<b>Night 4</b>	<b>Night 5</b>	<b>Night 6</b>	<b>Night 7</b>
<b>Time You Went to Bed</b>							
<b>Time You Turned the Lights Out</b>							
<b>How Long it Took You to Fall Asleep</b>							
<b>Total Time You Were Awake</b>							
<b>Final Time You Woke Up</b>							
<b>Time You Got Out of Bed</b>							
<b>Total Time You Slept</b>							
<b>Number of Sleeping Pills Used</b>							