

## Two-Week Sleep Diary

This tool can help you track your sleep habits and things that can contribute to the quality of your sleep. After completing it, share it with your health care provider so you can review your progress together and make sure your treatment plan is working for you.

### Instructions:

1. Print these sheets. Using the blank sleep diary on page 2, write the dates you will track in the first column on the left. Fill in your sleep habits and important events every day using the methods below.
2. Each day, place an **“X”** in the box next to the time you went to bed.
3. Shade in the boxes indicating the times you sleep each day, including naps.
4. Write the total number of hours you slept for each day in the right-hand column.
5. Note other important events during the day as follows:
  - Mark letter **“C”** in the box to indicate the time(s) when you had caffeine.
  - Mark letter **“M”** in the box to indicate the time(s) when you took any medication.
  - Mark letter **“A”** in the box to indicate the time(s) when you had an alcoholic drink.
  - Mark letter **“E”** in the box to indicate the time(s) when you exercised.

**Questions? Refer to the sample diary on the following page for examples of how to use this tool.**

