

# Sleep Log

Name: \_\_\_\_\_

**Instructions:** Mark your bedtime with an arrow pointing down. Shade in times when you are asleep, including nap times. Shade 1/2 of a box for half an hour, 1/4 of a box for 15 minutes, etc. Leave blank the hours you are awake. Mark the time you get up with an arrow pointing up.

**Example:** (below) On February 5th the patient went to bed at 10:45pm, fell asleep at 11:00pm and woke up again at 3am (now the morning of the 6th). The patient fell back asleep at 4 am and woke up for the day at 7am. The patient took a nap between 4 and 5 pm.

	MidNight	2am	4am	6am	8am	10am	12noon	2pm	4pm	6pm	8pm	10pm	Mid Night
Date													
	2/5/03												
	2/6/03												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												
	/ /												



**SLEEP DISORDERS INSTITUTE**  
at St. Luke's / Roosevelt Hospital Center, together with The Beth Israel Medical Center

423 West 55th Street, 4th Floor • New York, New York 10019  
t:212.994.5100 f:212.994.5101 info@sleepny.com www.sleepny.com