How to Use Your Sleep Logs

Sleep logs are a very important part of your sleep therapy program. They provide us with information about your sleep patterns and allow us to monitor your progress throughout the program. Each day you will be asked to fill in two sleep logs: one in the morning and one in the evening. This will only take a couple minutes of your day. Included is an example of how to fill out your sleep logs.

Morning Sleep Log

The morning sleep log asks questions about your sleep the previous night and provides us with the information we need to initiate therapy. It is very important to complete these sleep logs for at least one week before your first session so that we have enough information to begin therapy. Some questions on the morning sleep log include:

**2) What time did you go to bed last night?**

This is the time you shut your lights off with the intention of going to sleep. It does not include any time you spent reading, watching tv, or conversing, etc before going to
sleep.

**3) How long did it take you to fall asleep?**

This is an estimation of the amount of time it took you to fall asleep. Do not watch the clock as this can make falling asleep more difficult.

**4) How many times did you wake up during the night and for how long in total?**

Count any time you were awake enough to be fully aware. If you are not sure if you were awake, do not count it. The amount of time you were awake for should be estimated. Do not watch the clock.

**5) What time did you wake up to start the day?**

 This is the time that you rise from bed to start your day.

**6) How many hours passed between the time you went to bed and woke up to start the day?**

This value, also known as your time in bed (TIB), is the amount of time that passed between question two and five. For example, if you went to bed at 12:00am and woke up at 7:00am, your TIB would be seven hours or 420 minutes.

**7) How many hours total did you sleep at night?**

This value is also known as your total sleep time (TST) and includes only the amount of time you were actually sleeping. To calculate this value, first determine the amount of time that you were awake for throughout the night. This involves adding question three and four together. For example, if it took you 50 minutes to fall asleep and you woke up once during the night for 30 minutes, the total time you were awake during the night would be 80 minutes.

 The next step is to subtract this value from the previously determined TIB (Question 6). For example, we determined the TIB to be 420 minutes, so subtracting 80 from 420 gives us 340 minutes. This means that you actually slept for 340 minutes.

TST = Question 6 – (Question 3 + Question 4)

**10) Sleep efficiency**

Your sleep efficiency is a measure of how well you are sleeping and is used as a guideline for your sleep therapy. It is calculated by dividing your TST (question 6) by your TIB (question 5) For example, if your TST is 340 minutes and your TIB is 420 minutes, your sleep efficiency would = 340/420 = 0.80

Sleep Hygiene Log

The sleep hygiene log asks questions about your activities during the day. This information helps us to identify any habits that may be interfering with your sleep. Some habits it asks you about includes:

-Caffeine consumption throughout the day: Caffeine is a stimulant and is found in many common products including coffee, tea, pop, energy drinks and chocolate.

-Alcohol consumption throughout the day: Measure alcohol by ounces (oz). One ounce (one shot) of hard liquor is about equal to a glass of wine or a can of beer. Don’t get too caught up in calculating the exact amount of alcohol consumed. The important part is to write down when alcohol consumption occurred.

-Exercise throughout the day: Write down what kind of exercise you did and for how long.

-Naps: Write down how many naps you took during the day, what time and for how long.

-Nicotine use after 5pm: Write down how much nicotine was used, e.g. 3 cigarettes.