

MORNING SLEEP LOG

(Enter information each morning immediately after rising)

Date/Day									Average
1. What time did you go to bed last night?									
2. How long did it take you to fall asleep? (SL)									
3. How many times did you wake up during the night?									
4. For how long were you awake during the night? (WASO)									
5. How much time did you spend out of bed during the night? (TTOB)									
6. What time did you get out of bed this morning?									
7. How many hours passed between the time you went to bed and when you got up in the morning? (TIB)									
8. How many hours total did you sleep last night? (TST)									
9. Did you take a sleeping pill last night? Yes/no									
10. Generally speaking, how well do you feel today? (1=Not well, 2=Just OK, 3=Good, 4=Very well)									
11. How enjoyable was your sleep last night? (1=Not good, 2=Just OK, 3=Fine, 4=Very good)									
12. Sleep efficiency = TST/TIB									