Sleep Diary

Keep track of your sleep during the week. Use your weekly Average Time Asleep and Average Time in Bed to calculate your sleep efficiency. If your sleep efficiency is over 90%, you can make your bedtime 30 minutes earlier. If it's under 85%, make your bedtime 30 minutes later. Remeber to always give yourself at least 5 hours between going to bed and waking up.

Start date: ___/___/___ Day of week:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I went to bed last night at:	:	:	:	:	:	:	:
I fall asleep last night at:	:	:	:	:	:	:	:
I woke up during the night:							
# of times							
# of minutes							
I woke up this morning at:	:	:	:	:	:	:	:
I got out of bed this morning at:	:	:	:	:	:	:	:
I napped for (hours):							

Calculate Your Sleep Efficiency
(Average Time Asleep ÷ Average Time in Bed)

Average Time Asleep [ ]

Average Time in Bed [ ]

x 100

= [   ] %

Total time (hours) asleep:	[ ] + [ ] + [ ] + [ ] + [ ] + [ ] + [ ] = [ ] ÷7 = [ ]
Total time (hours) in bed:	[ ] + [ ] + [ ] + [ ] + [ ] + [ ] + [ ] = [ ] ÷7 = [ ]

Average Time Asleep

Average Time in Bed

kelty's key