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Sleep Diary Today's Date:

- 1. What time did you get into bed last night?
- 2. What time did you turn off the lights last night?
- 3. How long did it take you to fall asleep?
- 4. About how many times did you wake up during the night?
- 5. Each time you woke up, for about how long did you stay awake?

1st time: 2nd time:

3rd time: 4th time:

- 6. What was your final wake up time this morning?
- 7. What time did you get out of bed?
- 8. Approximately how many hours did you sleep last night?
- 9. How many hours did you allow for sleep last night (time from "lights out," to "out of bed.")?
- 10. Rate the quality of last night's sleep:

11. Did you take any sleep medications? (If yes, how much?)

Adapted from Gregg D. Jacobs, Ph.D.'s book Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed at Harvard Medical School. Jacobs and Herbert Benson (1999).