

My personal sleep diary



		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Date							
In the evening	When did I go to bed?							
	How long did I need to get to sleep?							
	Did I have any drinks containing caffeine or alcohol or did I take any medicines?							
	Did I still have to work in the evening, did I watch TV or did I have to deal with unpleasant / stressful things?							
	Did I take a nap during the day? If so, for how long?							
In the morning	How often did I wake up in the night?							
	How long did I sleep for in total?							
	When did I wake up in the morning?							
	How rested did I feel when I woke up?							
	What could have influenced my sleep positively/negatively?							
	How was my mood? (from 1 = cheerful to 5 = depressed)							
	What was my physical capacity? (from 1 = energetic to 5 = weak)							