

# Insomnia

Harvard Medical School | Division of Sleep Medicine | Sleep and Health Education

## Sleep Diary

Please complete this sleep diary daily. It will provide a useful record of your sleep schedule that you can use to improve your sleep. Complete this diary each morning after the previous night's sleep. Do not use it during the night or keep it in your bedroom. Use it only as a guideline and spend no more than 30 seconds filling it out in the morning.

Day (date)	Naps (duration)	Bedtime	Time taken to fall asleep	Number of awakenings	Duration of awakenings	Final wake time	Out-of-bed time
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

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