

# My sleep log

Keep your sleep log handy and take a few moments to fill it out each day so that you keep an accurate record of your sleep patterns. Your healthcare professional will find it very helpful for you to monitor and track your progress along with your sleep patterns.

Date														
Day of week														
What time did you go to bed?														
What time did you fall asleep?														
How many times did you wake up during the night?														
What disturbed your sleep?														
How long did these awakenings last?														
What time did you get up?														
How many hours did you sleep?														
How did you feel on waking up?														