

Sleep Hygiene and Diary

Patient
MDA #

Print Date

Sleep Center

DOB

FC

SEX

Date: _____ Time: _____

Follow these rules for healthy sleep:

- Get up at the same time each day, seven days a week, to reinforce your body's internal clock.
- Go to bed only when you are sleepy.
- If you're not sleep after about 20 minutes, go to another room and to do something relaxing. Return to bed when you are drowsy.
- Use your bed only for sleeping or sex. Don't worry or watch TV in bed so your body learns the bed is for sleeping.
- Keep your bedroom dark and comfortably cool.
- Exercise during the day (three to four hours before bedtime).
- Don't drink coffee or tea within six hours of bedtime.
- Don't drink alcohol in the evening. It can make you wake up in the middle of the night.

Sleep Diary:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Did you nap today?							
When and how long?							
Did you exercise today?							
When and how long?							
Time "into Bed"							
Time of "Lights Out"							
Time to "Fall Asleep"							
Number of awakenings							
Longest awakening							
Time of "Lights On"							
Time "Out of Bed"							
Total "Sleep Time"							
Sleep quality (0-10) 0=Worst 10=Best Ever							

Patient Signature: _____ Print Name: _____ Date: _____

