Sleep diary · fill in one row each morning

Name: _____

#	Date	Time I got into bed	Time I tried to go to sleep	How long it took to fall asleep (min)	How many times I woke up	Total time awake during those wake-ups (min)	Time of my final wake-up	Time I got out of bed	Sleep quality (very poor → very good)	Naps, caffeine, alcohol, notes
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										

Self-reported estimates, not direct physiological measurements. Time in bed (TIB) = time out of bed − time into bed. Estimated sleep time (TST) = TIB − time to fall asleep − time awake. Sleep efficiency = TST ÷ TIB × 100. Free template from goodsleep.today.