Instructions: Fill out this log for 1 week. Then, on a separate sheet, write down this information:

1. Describe how much sleep you typically get, how much energy you have, and whether you think there's room for improvement in your sleep habits.
2. Look at the day or days when you didn't sleep as well or lacked energy during the day. Do you see any connections between these issues and the notes in your log for that day?
3. What changes could you make to sleep better and have more energy?

Sleep Log
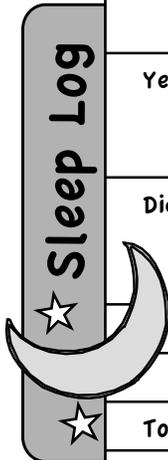
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yesterday, I exercised for this many minutes:							
Yesterday, I: (check all that apply)							
Ate too much	◯	◯	◯	◯	◯	◯	◯
Didn't eat enough	◯	◯	◯	◯	◯	◯	◯
Drank coffee, tea, or caffeinated sodas	◯	◯	◯	◯	◯	◯	◯
Yesterday, I felt: (check one)							
Energetic	◯	◯	◯	◯	◯	◯	◯
Tired	◯	◯	◯	◯	◯	◯	◯
Like my energy level fell off in the afternoon	◯	◯	◯	◯	◯	◯	◯
Wiped out	◯	◯	◯	◯	◯	◯	◯
Yesterday, I took a nap. (check one)							
True	◯	◯	◯	◯	◯	◯	◯
False	◯	◯	◯	◯	◯	◯	◯
Did anything happen that could have affected your sleep?							
Yes (describe on back)	◯	◯	◯	◯	◯	◯	◯
No	◯	◯	◯	◯	◯	◯	◯
Last night, I went to bed at this time							
Last night, I fell asleep at this time							
Today, I woke up at this time							
My sleep was: (1 = bad, 5 = great)	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
My stress level at bedtime was: (1 = low, 5 = high)	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5