



Sleep Diary

This sleep diary should be completed during the two weeks immediately prior to a multiple sleep latency test (MSLT) or a maintenance of wakefulness test (MWT). The diary consists of fourteen 24 hour graphs. Please bring the completed diary with you when you attend the overnight study before your MSLT or MWT.

At bedtime, **just before turning out the lights**, record the following daily activities using the appropriate symbols at the appropriate time (Note: MN - midnight; MD – midday)

- F Food
- C Caffeine one “C” for each cup of tea, coffee or Coke
- A Alcohol one “A” for each glass
- NB Beginning of nap
- NE End of nap
- M Medication (ie: sleeping pill, sedative, regular medication)
- ↓ Time you turned out lights to go to sleep

After your final morning waking, **but before getting out of bed**, record the following:

- Draw a thick line over the times you were asleep overnight. Leave gaps for any time you were awake.
- Mark the time at which you finally awoke and did not return to sleep with the appropriate symbol:

- S Woke spontaneously
- AL Woken by alarm or other stimuli
- ↑ Time you actually got out of bed

- In column A, estimate the time (in minutes) that it took to fall asleep after lights out
- In column B, estimate the total amount of time spent awake (if at all) during the night (AFTER initially falling asleep and BEFORE finally waking)
- Use the comments section below the sleep graphs to note any events which may affect your sleep

For Example:

Day/Date		← PM →		MN	← AM →		MD	← PM →																			
Th	29	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	A	B
		A	A	M			↓	█	█			█	█		↑	F		C			F		C			30	45



Sleep Diary (Week One)

Name: _____

Date Started: _____

Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		

Comments: _____



Sleep Diary (Week Two)

Name: _____

Date Started: _____

Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		
Day/Date	←	PM					→	MN	←	AM					→	MD	←	PM					→	A	B	
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5		

Comments: