

Name: _____

Date Started: _____

Date of Birth: _____

Please Complete When You Wake Up

How many hours did you sleep last night?

Place an "X" at the time that you go to bed, COLOR in the time you "feel" that you fell asleep at, continue filling in the area until you wake up. Place another "X" at the time you got out of bed. If you happen to wake up during the night and stay up for a period of time, leave that area BLANK. At the bottom of the log please total the hours you "slept". Please see the example to the left. The person in the example got in bed at 8:00pm and fell asleep at 8:30pm. They woke up between 3:00am and 4:00am and feel back asleep, at 7:00am they woke up and got out of bed until 8:00am, they slept a total of 10 hours.

EXAMPLE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30PM							
8:00PM							
8:30PM							
9:00PM							
9:30PM							
10:00PM							
10:30PM							
11:00PM							
11:30PM							
12:00AM							
12:30AM							
1:00AM							
1:30AM							
2:00AM							
2:30AM							
3:00AM							
3:30AM							
4:00AM							
4:30AM							
5:00AM							
5:30AM							
6:00AM							
6:30AM							
7:00AM							
7:30AM							
8:00AM							
8:30AM							
9:00AM							
9:30AM							
10:00AM							
I slept 10 hours.	I slept _____ hours.	I slept _____ hours.	I slept _____ hours.	I slept _____ hours.	I slept _____ hours.	I slept _____ hours.	I slept _____ hours.

Went to bed at 8:00pm

Slept from 8:30pm - 7:00am

Woke up from 3:00 - 4:00am

I got out of bed at ---