

SLEEP AND ACTIVITIES DIARY (3 DAYS PER PAGE)

Date: _____

	Noon	2	4	6	8	10	Midnight	2	4	6	8	10	Noon
Work													
Sleep													
Meals													
Activities													
Total duration of sleep=				*Sleep quality=				Notes:					

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Total duration of sleep=				*Sleep quality=				Notes:					

Legend :

Work: ↑ arriving ↓ leaving [n] nap [L] light

Sleep: ↓ bedtime ↑ get up

Meals: [m] main meals [s] snacks

Activities: [x] exercise [f] family [r] relaxation

*Sleep quality noted from 1 (very bad) to 5 (excellent)