SLEEP DIARY (TWO WEEKS)

Date	6	8	10	midnight	2	4	6	8	10	noon	2	4	6	Sleep duration	Sleep quality	Alertness at work	Work schedule

FOR EACH DAY:

- Indicate ↓ bedtime (time when you turn off the lights to sleep) and ↑ time when you get up.
- Blacken the sections when you were asleep, including naps. Leave in white the sections when you were awake.
- Note the total duration of sleep that you had over the 24 hours in the column “Sleep duration”.
- Note on a scale of 1 to 10 the quality of your sleep and of your alertness level at work in the next two columns.
- Write down your work schedule for that day (or indicate the corresponding section on the diary).
- Use the symbols of your choice to indicate when you had your meals, when you exercised, had a moment of relaxation, etc.