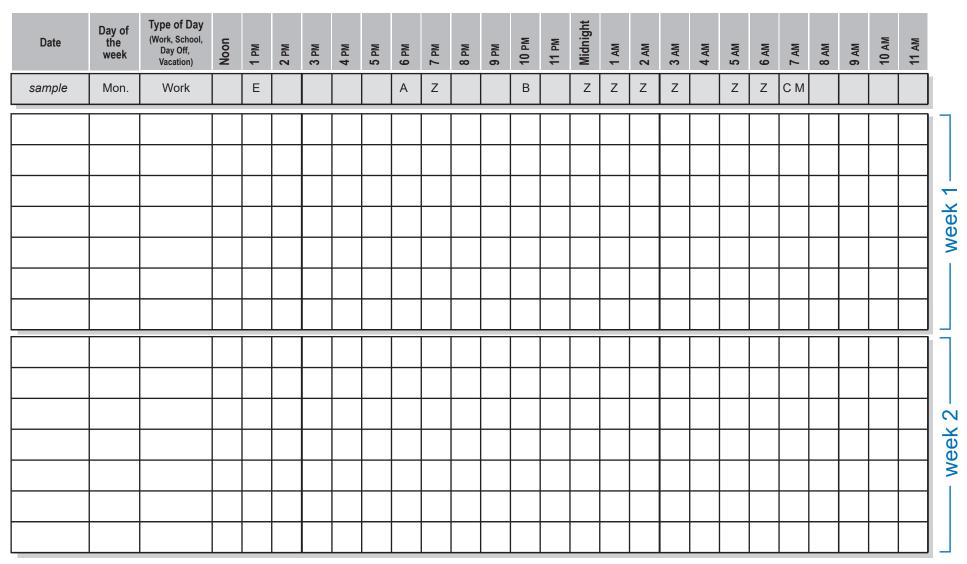
## **TWO WEEK SLEEP DIARY**

## ASIN SLEEP EDUCATION

## INSTRUCTIONS:

(1) Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day.

SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around Midnight, woke up and couldn't got back to sleep at about 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7 AM.



## What Do I Do If I Can't Sleep?

It's important to practice good sleep habits, but if your sleep problems continue or if they interfere with how you feel or function during the day, you should talk to your doctor. Before visiting your doctor, keep a diary of your sleep habits for about ten days to discuss at the visit.

Include the following in your sleep diary, when you-

- Go to bed.
- Go to sleep.
- Wake up.
- Get out of bed.
- Take naps.
- Exercise.
- Drink alcohol.
- Drink caffeinated beverages.

Also remember to mention if you are taking any medications (over-the-counter or prescription) or supplements. They may make it harder for you to sleep.