

## Daily Sleep Diary

### Example

Today's date	4/5/08							
1. What time did you go to bed?	10:15 pm							
2. What time did you start trying to go to sleep?	11:30 pm							
3. How long did it take you to fall asleep?	55 min.							
4. How many times did you wake up before your final awakening?	3 times							
5. After falling asleep, how much time did you spend awake?	1 hour 10 min							
6. What time did you wake up for the last time?	6:35 am							
7. What time did you actually get up to start your day?	7:20 am							
8. How much sleep did you get last night?	6 hours 30 min							
9. Yesterday, how much time did you spend napping or dozing?	30 min							
10. How would you rate the quality of your sleep?	<input type="checkbox"/> Very poor <input checked="" type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent
11. Comments	I have a cold							