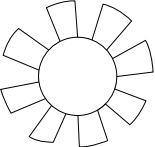



Sleep Diary

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
|  Complete in the MORNING | | | | | | | |
| I went to bed last night at (time) | | | | | | | |
| I got up this morning at (time) | | | | | | | |
| I slept for a total of (hours) | | | | | | | |
| I woke up during the night (# times) | | | | | | | |
| | | | | | | | |
|  Complete in the EVENING | | | | | | | |
| Number of caffeinated drinks today | | | | | | | |
| Time of last caffeinated drink | | | | | | | |
| Exercise completed today (minutes) | | | | | | | |
| What I did in the hour before I fell asleep | | | | | | | |
| Mood today? (0=awful, 10=great) | | | | | | | |
| | | | | | | | |