

## Sleep Diary

Every morning when you get up complete the sleep diary for the previous night. For example, on Monday morning fill in the information for Sunday night.

<b>Day</b>	<b>Last night I It took me _____ went to bed at:</b>	<b>This morning I Total amount I woke up at:</b>	<b>minutes to fall asleep:</b>	<b>of sleep:</b>
<i>Example:</i> <u>Sunday</u>	<u>12:15</u>	<u>9:20</u>	<u>25</u>	<u>9' 10"</u>
_____	_____	_____	_____	_____
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