

Name _____

SLEEP LOG (2 WEEKS)

Key for moods: 10 = very good to 1 = Very upset

Day/ Date	Pre-Sleep Mood	Medications	Events of the Day or Notes	Bedtime (Lights Out)	Sleep Onset (How long before sleep)	Number of Awakenings	Wake Up Time	Total Hours Slept	Post-Sleep Mood

FILL OUT AS MANY DAYS AS POSSIBLE.