

Enter the Weekday		Day 1	Day 2	Day 3	Day 4	Day 5
Time went to bed						
Time got out of bed						
Hours in bed		00:00	00:00	00:00	00:00	00:00
Minutes in bed (from first getting in to getting out)						
Time went to sleep						
Time sleep ended						
Hours asleep		00:00	00:00	00:00	00:00	00:00
A	Total minutes from initially falling asleep to finally waking					
B	How long awake for in night in total (minutes)					
	How many times did you wake up in the night?					
C	Total sleep time (Row A minus Row B)					
Rate the quality of your sleep: 1 = very poor to 5 = very good						
Average total sleep time (Answer F) divided by Average time in bed (Answer E) x 100						efficiency %
#DIV/0!		Divided by	#DIV/0!	#DIV/0!	x100	#DIV/0!

#### How to complete the sleep diary:

1. Fill in "time went to bed", "time got out of bed", "time went to sleep" and "time sleep ended"
2. Fill in "if woke in the night, how long awake for in total in minutes"
3. The spreadsheet will calculate the "hours in bed" and "hours asleep" for each day and average
4. "How many times did you wake in the night" and "how would you rate the quality of your sleep" are not used in the calculations
5. Use answer F (Average total sleep time) to calculate your sleep window by deducting from your wake up time. For example if your average total sleep time is 6 hours and you would like to get up at 7am, your sleep window would be 1am to 7am
6. The spreadsheet will calculate "sleep efficiency" for you, use this to determine adjust your sleep window. If less than 80% make your sleep window 15 minutes shorter, if it is between 80 and 85% make your sleep window longer

#DIV/0!

Day 6	Day 7	Add all of the days together to = <b>Total time in bed</b>	Divided by Days	<b>Average total time in bed</b> Answer E
00:00	00:00			
		0	/ Days	#DIV/0!
		Add all of the days together to = <b>Total sleep time</b>	Divided by Days	<b>Average total sleep time</b> Answer F
00:00	00:00			
		Add all of the days together to = <b>Total sleep time</b>	Divided by Days	<b>Average total sleep time</b> Answer F
		0	/ Days	#DIV/0!

**Sleep Window Starts:** \_\_\_\_\_

**Sleep Window Ends:** \_\_\_\_\_

<b>*Formatting example</b>
04/04/2018 22:00
05/04/2018 08:00

ended" every morning

id convert this to minutes for you  
our sleep" should also be completed, however they

g this from the time you would like to get up, for  
your sleep window should start at 1am.

ments to your sleep window - if your sleep efficiency is  
do not adjust your sleep window, if it is above 85%