

Enter the Weekday		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
Time went to bed									Add all of the days together to = <b>Total time in bed</b>	Divided by 7	<b>Average total time in bed</b> Answer E
Time got out of bed											
Hours in bed											
Minutes spent in bed (from first getting in to finally getting out)		0	0	0	0	0	0	0	0		0
Time went to sleep									Add all of the days together to = <b>Total sleep time</b>	Divided by 7	<b>Average total sleep time</b> Answer F
Time sleep ended											
Hours asleep											
A	Number of minutes from initially falling asleep to finally waking up	0	0	0	0	0	0	0			
B	If woke in the night, how long awake for in total in minutes										
	How many times did you wake up in the night										
C	Number in row A minus number on row B = Total sleep time	0	0	0	0	0	0	0	0		0
How would you rate the quality of your sleep: 1 = very poor to 5 = very good									0		0.00
<b>Average total sleep time</b> Answer F			<b>Average total time in bed</b> Answer E	Answer		Answer = sleep efficiency (%)			<b>Sleep window</b>		
0		Divided by	0	#DIV/0!	x100	#DIV/0!			until		

How to complete the sleep diary:

- Fill in the 'Time went to bed', 'Time got out of bed', 'Time went to sleep' and 'Time sleep ended'.
- Calculate the 'Hours in bed' and 'Hours asleep' for each day.
- Fill in 'If woke in the night, how long awake for in total in minutes', 'How many times did you wake up in the night' and 'How would you rate the quality of your sleep'
- Use Answer F to calculate your Sleep Window - minus the hours and minutes from the time you would like to get up
- Look at your 'sleep efficiency' - if it is less than 80% make your sleep window 15 minutes shorter, if it is between 80 and 85% keep your sleep window the same, if it is above 85% make your sleep window 15 minutes longer.

Sleep window  
starts:

Sleep window  
ends:  
6.30 am