## NORTHERN RESPIRATORY SEPCIALIST, PC- SLEEP DISORDER CENTER

## SLEEP LOG

FILL OUT IN THE MORNING

NAME-

| Use these symbols | Lights out or in bed lying to sleep | Asleep | Lights on or out of bed for the day | Caffeinated drink |
|-------------------|-------------------------------------|--------|-------------------------------------|-------------------|
|                   | •                                   | I      | 0                                   | c                 |

| PN | M   |    |    |     |        |     |   |   |   |   |   | Al | M |   |   |        |   |     | PI | M |   |   |   |      |                      |               |
|----|-----|----|----|-----|--------|-----|---|---|---|---|---|----|---|---|---|--------|---|-----|----|---|---|---|---|------|----------------------|---------------|
| 6  | 7   | 8  | 9  | 1 0 | 1<br>1 | 1 2 | 1 | 2 | 3 | 4 | 5 | 6  | 7 | 8 | 9 | 1<br>0 | 1 | 1 2 | 1  | 2 | 3 | 4 | 5 | Day  | How<br>much<br>sleep | Sleep<br>aide |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Mon  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Tues |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Wed  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Thur |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Fri  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Sat  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Sun  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Mon  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Tue  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Wed  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Thu  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Fri  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Sat  |                      |               |
|    |     |    |    |     |        |     |   |   |   |   |   |    |   |   |   |        |   |     |    |   |   |   |   | Sun  |                      |               |
| E  | XAI | MP | LE | 1   |        | 1   |   | 1 |   |   |   |    |   |   |   |        |   |     |    | 1 | 1 | 1 |   | I    | 1                    | ı             |
|    |     |    |    | •   | ı      |     |   | 0 |   |   | • |    | 0 |   |   |        |   |     |    |   |   |   |   |      | 3hrs                 | none          |