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## TWO WEEK SLEEP LOG



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[^0]:    1. Each row represents a 24 hour period from 6 PM to 6 PM
    2. Midnight (MN) and noon (NN) are noted by heavy lines.
    3. The following row continues from the previous day.
    4. Fill in the time you are asleep.
    5. $\boldsymbol{\nabla}=$ in bed; $\boldsymbol{\wedge}=$ out of bed
    6. In the example below, the person got into bed at 9:30 PM, fell asleep at 11:00 PM, awoke (and stayed in bed) at 1:00 AM, fell back asleep at 2:30AM, slept until 7:00 AM and got out of bed at 7:30 AM. A nap was taken from 2:00 PM to 3:00 PM (in bed 1:30, out of bed 3:15)
