

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | Keeping a sleep log

Complete the log below twice a day, at night (for your daytime sleep) and in the morning (for your nighttime sleep).

Steps

- Fill out one of the above for each day
- For the first “Day,” you put the day of the week, and then the following day of the week for the second “Day.”
- SLEEP row – Put a “B” for each hour you were in Bed but not asleep, and “S” for each hour you were asleep (can divide by half hours too)
- CANEPM row – this stands for Caffeine, Alcohol, Nicotine, Exercise, Phone, and Medication (often pronounced “CANE”-“PM”). If you had two cups of coffee or two Cokes, put “C2” for that hour. If 1 beer, then “A1” for that hour. If 3 cigarettes, then “N3” for that hour. If 15 minutes on a phone, computer, or other screened device, then “P15” for that hour. If 20 minutes of Exercise, then “E20” for that hour. If you took a 5mg Ambien, then “5mg” for that hour.
- Rate how Fatigued you felt the next day, with 0 = not at all, and 10 = very fatigued
- In the “Tot” column add up the Ss and Bs for that 24 hour period and put the totals in the correct boxes

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Date Range for This Week

[illegible][illegible][illegible]

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[illegible][illegible][illegible][illegible]

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[illegible][illegible][illegible][illegible]

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[illegible][illegible][illegible][illegible]