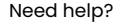





To be completed 14 days in a row, including weekends
To be completed in the morning, without checking the time at night.
The dynamic over 2 weeks is more important than precision.




Age:

How to fill in the diary




Bedtime




Sleep or nap

S Sleepiness



Our of bed



1/2 sleep

T Insomnia treatment

Example

		20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Tue	19/06			T↓				↓					↑							S		

On Tuesday the 19th of June, the subject goes to bed at 10pm with a sleeping pill, but doesn't fall asleep until 11pm. He wakes up at 2am following an impression of half-sleep, makes a return trip to the toilet and remains awake until 3.30am, then goes back to sleep until 6.30am. After the final wake-up call, he stays in bed and doesn't get up until 07.15am. During the day, he is drowsy between 2 and 3pm.