

## **SLEEP DIARY**

To be completed 14 days in a row, including weekends

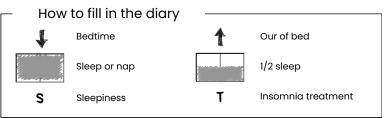
To be completed in the morning, without checking the time at night.
The dynamic over 2 weeks is more important than precision.

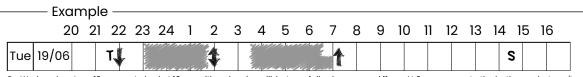
Year:

Last name: First name: Age:



	DATE		HOUR AS															<b>AS</b> S	SESSM /Good/. Bad/VB	<b>ENT</b> Avg	Video tutorial										
Day	Night of	20	21	22 2	23	0	1 2	2 3	3 4	5	6	7	7 8	9	10	) 11	12	13	14	15	16	17	7 18	8 1	9	SLEEP QUALITY	WAKE UP QUALITY	SHAPE OF THE DAY		COMMENTS: v treatment, spo	orts, etc.
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On Wednesday, June 19, you go to bed at 10 pm with a sleeping pill, but you fall asleep around 11 pm At 2 am, you go to the bathroom but can't get back to sleep until 3:30 am. You sleep until 6:30 am, then linger in bed feeling half asleep until you finally wake up at 7:15 am.

During the next day, you are drowsy between 2 and 3 pm.