

Sleep log

Sample									Calculated Averages
Today's date	Mon 1/1/12								
1. What time did you get into bed?	10:30 p.m.								
2. About what time did you fall asleep?	12 a.m.								
3. In total, about how long were you up in the middle of the night?	1 hour								
4. What time was your final awakening?	6:30 a.m.								
5. What time did you get out of bed for the day?	7 a.m.								
6. Time in Bed (#5 minus #1)	8.5 hours								
7. Total Time Asleep (#4 minus #2 minus #3)	5.5 hours								
8. Sleep Efficiency (Time Asleep ÷ Time in Bed)	65%								
9. How would you rate the quality of your sleep?	<input type="checkbox"/> Very poor <input checked="" type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	
10. In total, how long did you nap or doze yesterday?	45 min								
11. Comments (if applicable)	I have a cold Didn't wear c-pap								