The Pearl Clinic
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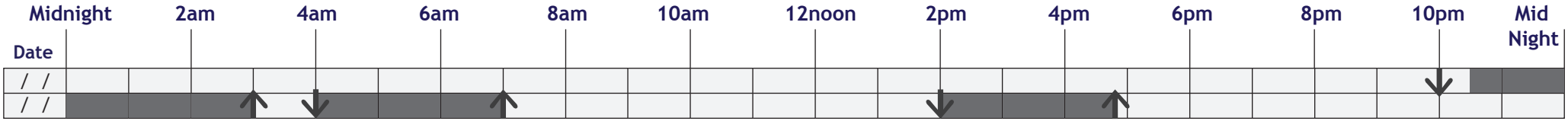
Sleep Diary

Name: _____

Instructions: Place a down arrow when you get into bed. Shade in the boxes for the time you believe you were sleeping. Shade in boxes by quarters depending on how much you have slept (e.g. 1/4 = 15 min). For the time you're awake, leave the boxes unshaded. Place an up arrow for when you get out of bed.

Example: This patient went to bed at 10pm, but didn't fall asleep until 10:30pm. He/She slept until 3:00am and immediatly got out of bed for 1 hour. He/She went back to bed, and immediatly fell back to sleep, from 4:00am until 7:00am. He/She also took a nap from 2:00pm until 4:45pm.



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