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HPRC HUMAN PERFORMANCE RESOURCE CENTER
CHAMP Uniformed Services University

Two-Week Sleep Diary

INSTRUCTIONS:

1. Write the date, day of the week, and type of day: Work, School, Day off, or Vacation.
2. Put the appropriate letter in the box when you— a. **C**—drink coffee, cola, energy drink, or tea. b. **D**—take any dietary supplement. c. **M**—take any medicine. d. **A**—drink alcohol. e. **E**—exercise. f. **X**—went to bed for the night. g. **S**—(in shaded box) were asleep at night or took a nap during the day.
3. Leave boxes unshaded to show when you woke up at night and when you were awake during the day.

SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 p.m., drank a glass of wine with dinner at 6 p.m., fell asleep watching TV from 7–8 p.m., went to bed at 10:30 p.m., fell asleep around midnight, woke up around 4 a.m., went back to sleep from 5–7 a.m., and had coffee, a multivitamin, and medicine at 7 a.m.

Today's date	Day of week	Type of day (Work, school, etc.)	Noon	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	Midnight	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.
Sample	Mon	Work		E					A	S			X		S	S	S	S		S	S	C,D, M				