TWO WEEK SLEEP LOG

| DATE | PM 6 | 7 | 8 | 9 | 10 | 11 | MN 12 | AM 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | NN 12 | PM 1 | 2 | 3 | 4 | 5 |
|------|------|---|---|---|----|----|-------|------|---|---|---|---|---|---|---|---|---|---|----|------|---|---|---|---|---|

1. Each row represents a 24 hour period from 6 PM to 6 PM.
2. Midnight (MN) and noon (NN) are noted by heavy lines.
3. The following row continues from the previous day.
4. Fill in the time you are asleep.
5. ▼ = in bed; ▲ = out of bed
6. In the example below, the person got into bed at 9:30 PM, fell asleep at 11:00 PM, awoke (and stayed in bed) at 1:00 AM, fell back asleep at 2:30 AM, slept until 7:00 AM and got out of bed at 7:30 AM. A nap was taken from 2:00 PM to 3:00 PM (in bed 1:30, out of bed 3:15).