





Patient Name:  
D.O.B:  
ACCT#:  
MR#:

Instructions for completing the Sleep Log (see example):

1. Put the date (month/day) in the first box.
2. When you go to bed, mark the box corresponding to your bedtime with an arrow ► pointing to the right.
3. Shade or draw a line through all boxes you were asleep.
4. When you get out of bed for the day, mark the box corresponding to your wake time with an arrow ◀ pointing to the left.
5. Mark any time/box that you exercise (E), have caffeine (C) or take your medication (M).
6. Caffeine may include coffee, tea, sodas, chocolate and energy drinks.

If you have any questions, please call the Sleep Health Clinic at 651-726-2899