



Bettgeflüster

The BKK campaign for healthy sleep

Sleep diary

Understand and improve your sleep

Week:

In the morning	Mon	Tue	Wed	Thu	Fri	Sat	Sun
How refreshing was your sleep? (very refreshing = 1; not at all refreshing = 6)							
How do you feel now? (very refreshed = 1, not at all refreshed = 6)							
How long did it take you to fall asleep after switching off the lights? (minutes)							
What kept you from falling asleep?							
Did you wake up during the night? If yes, how often and for how long? (minutes)							
How long did you sleep in total? (hours)							
When were you fully awake?							
When did you get up?							
Did you take any medication? (drug, dose, time)							

In the evening (before switching off the lights)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
How relaxed do you feel now? (very relaxed = 1, not at all relaxed = 6)							
How was your productivity today? (very capable = 1, not at all = 6)							
How exhausted were you today? (not at all = 1, very exhausted = 6)							
How long did you sleep during the day?							
Did you drink alcohol during the last four hours?							
When did you have your evening meal?							
When did you go to bed?							