Nor-Lea Hospital District

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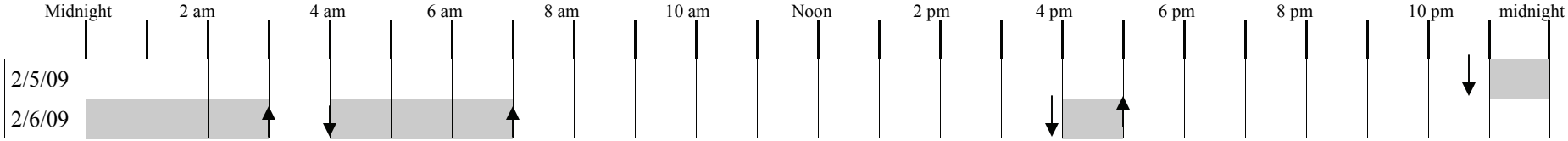
Board Certified Neurologist
UCNS Headache Medicine
ABEM Electrodiagnostic Medicine

Instructions: Mark your bedtime with an arrow pointing down. Shade in the times you are asleep, including naps. Shade in 1/2 of a box to represent 1/2 hour, 1/4 box to represent 1/4 hour, etc… Mark the time you get up with an up arrow

Example Below: On February 5th the patient went to bed at 10:45 pm, fell asleep at 11:00 pm, and woke up again at 3 am (now on the morning of the 6th). The patient fell back asleep at 4 am and woke up for the day at 7 am. The patient took a nap between 4 and 5 pm.



	Midnight	2 am	4 am	6 am	8 am	10 am	Noon	2 pm	4 pm	6 pm	8 pm	10 pm	midnight
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Sleep Log

Name_____