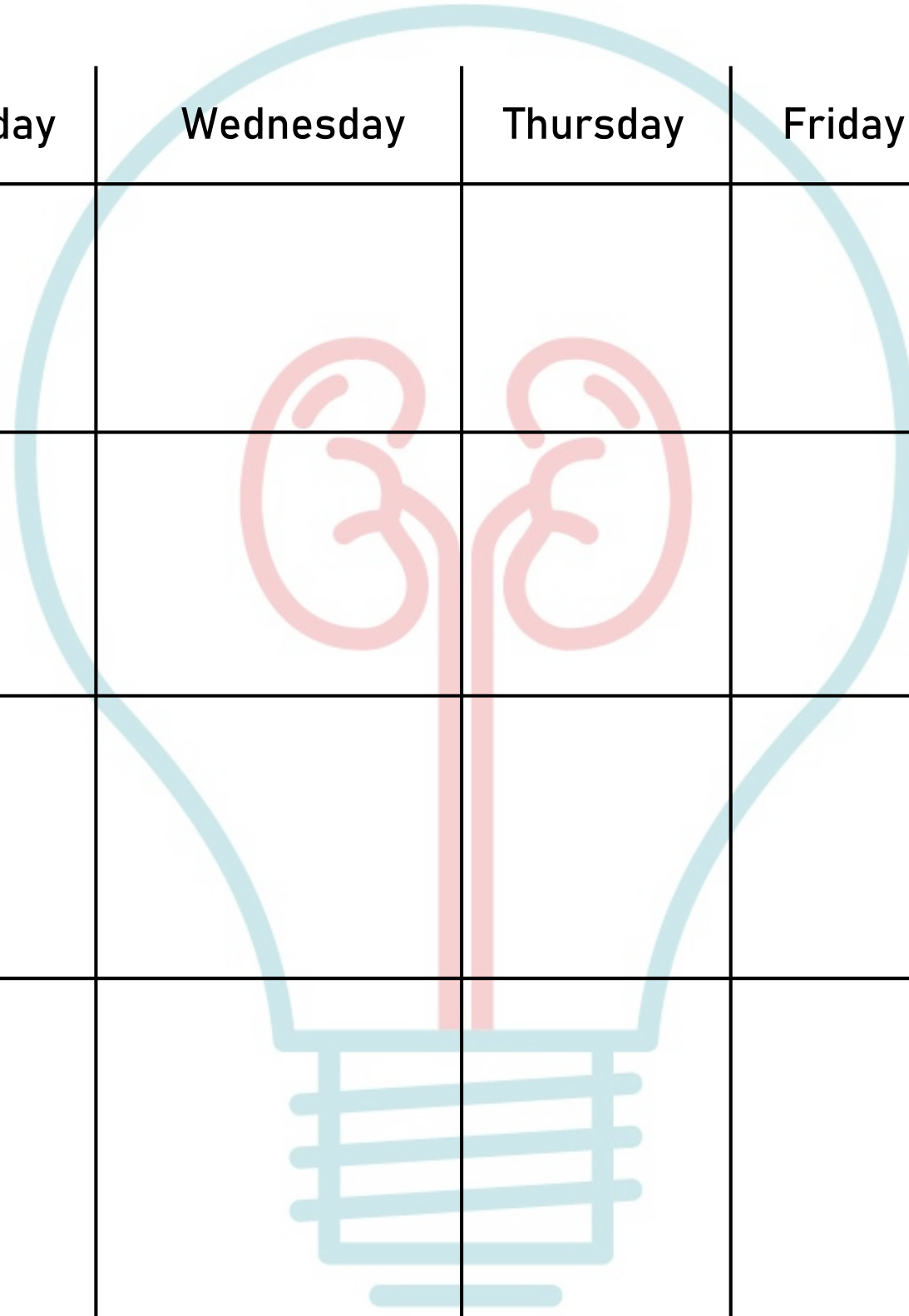


Sleep diary

Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you go to bed?							
What time did you try to go to sleep?							
How long did it take you to fall asleep?							
How easy was it for you to fall asleep?							



Sleep diary

Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many times did you wake up in the night?							
What time did you wake up in the morning?							
What time did you get out of bed?							
What disturbed your sleep?							
How would you rate your quality of sleep							