



Instructions

- The diary starts at **9 am** on the first day
- Enter the **date** before going to bed
- **C** = Caffeine
- **P** = Sleeping Pill

When you get up in the morning:

- Draw a down arrow (↓) at the time you got into bed
- Draw a dot (●) at the time you first attempted to sleep (e.g. put your book or phone away and turned off the light)
- Draw a line [—————] for any times you were asleep (including daytime naps)
- Leave gaps in the line [— —] to show where you were awake
- Place an up arrow (↑) at the time you got out of bed

Calculating your **time asleep and awake** during the night:

- **SOL (sleep onset latency)**. Estimate how long (**minutes**) it took you to fall asleep at the start of the night.
- **WASO (wake after sleep onset)**. Estimate how long (**minutes**) you felt you were awake during the night after initially falling asleep.
- **TST (total sleep time)**. Estimate how long you slept in total hours.
- **TIB (time in bed)**. The number of hours you spent in bed. The time between the down (↓) and up arrows (↑).

Example

Date	9am	10	11	12	1pm	2	3	4	5	6	7	8	9	SOL	WASO	TST	TIB						
					C									P	↓ ●	—	—————	↑	C	60	60	5.5	8

Calculating your Sleep Efficiency – We will teach you how to do this

- Add up your total sleep time (TST) for the whole week, and divide this number by 7 to calculate your daily average TST
- Add up your total time in bed (TIB) for the whole week, and divide this number by 7 to calculate your daily average TIB
- Divide your Average TST by you Average TIB, and Multiply by 100

$$\frac{\text{Average TST}}{\text{Average TIB}} = \frac{5.5}{8} \times 100 = 68.75 \text{ Your Sleep Efficiency}$$

Name: _____

New 'time in bed' (↓) for this week: _____

Date of first day: _____

New 'out of bed' time (↑) for this week : _____

Date	9am	10	11	12	1pm	2	3	4	5	6	7	8	9	10	11	12	1am	2	3	4	5	6	7	8	9	SOL	WASO	TST	TIB	

Calculate your **Sleep Efficiency** at the end of the week.

At the end of the week, add up your daily TST and TIB = **Total for the week**

$$\frac{\text{Average TST}}{\text{Average TIB}} = \begin{matrix} \color{green}\square \\ \color{blue}\square \end{matrix} \times 100 = \color{orange}\square \text{ Your Sleep Efficiency}$$

Divide these by 7 nights

Daily Average TST and TIB

