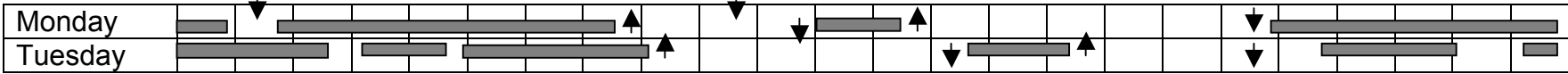


Adult Sleep Diary

Leave blank the periods when you are awake

Mark the time you go to bed with arrows pointing downwards



Fill in the times you are asleep with shaded boxes

Mark the time you get up, and after naps, with arrows pointing upwards

Mark times you wake with night terrors with an X by the

DAY	midnight	2 am	4 am	6 am	8 am	10 am	12 noon	2 pm	4 pm	6 pm	8 pm	10 pm	12