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Sleep Diary

Complete First Thing in the Morning:	**Example**							
Date	3/9/2016							
Day of Week	Mon							
How long did you nap for yesterday?	120 min							
Did you use any sleep aids last night? If so, please list	5mg, Ambien							
What time did you get into bed last night?	9:30 pm							
How many minutes did it take to fall asleep last night?	30							
After you fell asleep the first time, how many times did you wake up in the *middle of the night* last night?	3							
After you fell asleep the first time, how many minutes were you awake in the *middle of the night* last night?	45							
How long did you lay awake in bed before you finally got out this morning? (do not count as *middle of the night* wake time)	45 min							
What time did you finally get out of bed this morning?	6:15 am							
Overall, what was the quality of your sleep last night? (1 = Light, 10 = Deep)	2							