



## How to fill in the therapy sleep diary:

**Write your name on the form**

**Start filling the sleep diary as soon as you wake up in the morning (describe how you slept in the night):**

1. Date: Write down the current date
2. I went to bed at: Write down what time you went to bed
3. Delay in falling to sleep: Estimate how many minutes it took to fall asleep after you went to bed\*
4. Waking up at night: Estimate how many times you woke up during the sleep period
5. Time spent awake: Estimate how many minutes in total you **were awake** during the sleep period\*
6. I got up at: Write down when you got up
7. Duration of sleep: Estimate how many hours you **slept** between going to bed and getting up
8. Time spent in bed: Count how many hours you were in bed between going to bed and getting up
9. Quality of sleep: Estimate the quality of sleep on a scale of 0-10 (0=poorest, 10=best)

**Assess the three last columns at night before you go to bed:**

10. Daytime alertness: Assess your daytime alertness on a scale of 0-10 (0=poorest and 10=best)
11. Treatment methods: Describe the self-treatment methods you used to improve your daytime alertness and the quality of sleep (e.g. exercise, relaxation methods), and write here if you took a sleeping pill.
12. Factors with a negative effect on sleep: Describe any factors that have a negative effect on sleep (e.g. taking a nap, working or surfing the Internet in the evening, coffee, black tee, hot chocolate, cola drinks, alcohol)

Note: You don't have to check the time on the clock, it is enough to estimate the time in the morning\*