

Baystate Regional Sleep Program

BAYSTATE MEDICAL CENTER

Sleep Log

Day	Duration of naps	Bedtime	Time to fall asleep	Number of awakenings	Duration of awakenings	Final waketime	Out of bed time	Time spent asleep	Medications / Alcohol	Next day alertness 1-10
Sunday										
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										

Estimate times. Do not watch the clock to complete the form

Do not complete during the night or complete in the bedroom

Take no more than 30 seconds to complete in the morning