



**Before getting into bed at night**

### After leaving bed in the morning

[illegible]

## Sleep Diary Definitions

**Date:** The date when you got into bed to go to sleep.

**Prescribed time to bed:** This is the time you were *instructed* to get into bed when going to sleep.

**Prescribed time out of bed:** This is the time you were *instructed* to get out of the bed when done sleeping. You should not sleep past this time. Also, if you wake up a little before that time, you should not lay awake in bed until that time.

**TTB (Time to Bed):** This is the time that you got into the bed when going to sleep (not the time when you fell asleep).

**SL (Sleep Latency):** This is your estimate of how long it took to fall asleep after **entering** the bed (not how long it took to fall asleep once you tried to fall asleep).

**NOA (Number of Awakenings):** This is your estimate of how many times you woke up and fell back to sleep during the night after you first fell asleep, not including when you woke up to start your day.

**WASO (Wakefulness After Sleep Onset):** This is your estimate of how many minutes you were awake during your NOA awakenings. Hints: 1) if NOA is 0, so is WASO, and 2) if you woke up and fell back to sleep 3 times for about 20 minutes each, WASO = 60.

**EMA (Early Morning Awakening):** This is the amount of time you remained in the bed after waking up to start the day.

**TOB (Time Out of Bed):** This is the time on the clock when you got out of the bed when done sleeping (not necessarily the time when you woke up).

**NAP:** This is your estimate of how many minutes you slept during the day, whether this was planned or unplanned.

**Alcohol Amount Consumed:** Report how many drinks containing alcohol you drank within 6 hours of going to bed and/or during the night.

**Caffeine Amount Consumed:** Report how much caffeine you drank within 6 hours of going to bed.

**Prescription Sleep Meds taken:** Simply list the prescription sleep medications taken before your bed time and/or during the night (e.g., 10 mg Ambien = 10A; 5 mg Ambien = 5A; 100 Trazodone = 100T, ...).

**OTC Sleep Meds Taken:** Same as above ( 3 mg melatonin = 3M).

**Total Time Awake:** Adding SL + WASO + EMA will tell you how many minutes you were awake during the night.

**Sleep Onset:** Adding SL to TTB will tell you the approximate time that you fell asleep that night.

**Final Awakening:** Subtracting EMA from TOB will tell you the approximate time of your final awakening.

**Other Important Events:** List unusual factors or events that affected your sleep that night (e.g., sick child, staying in a hotel).