<table>
<thead>
<tr>
<th>Cognitive Behavioral Therapy for Insomnia (CBTI) Program Sleep Diary (Please complete upon awakening)</th>
<th>NAME: ______________________</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Today's Date</strong></td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td>1. List any sleep aids you took.</td>
<td>Medication(s) &amp; Dose:</td>
</tr>
<tr>
<td></td>
<td>Time(s) taken:</td>
</tr>
<tr>
<td>2. What time did you get into bed?</td>
<td><em><strong>:</strong></em> PM</td>
</tr>
<tr>
<td></td>
<td><em><strong>:</strong></em> AM</td>
</tr>
<tr>
<td>3. What time did you try to go to sleep?</td>
<td><em><strong>:</strong></em> PM</td>
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<tr>
<td></td>
<td><em><strong>:</strong></em> AM</td>
</tr>
<tr>
<td>4. How long did it take you to fall asleep?</td>
<td>___hour(s)</td>
</tr>
<tr>
<td></td>
<td>___min(s)</td>
</tr>
<tr>
<td>5. How many times did you wake up in the night?</td>
<td>___times</td>
</tr>
<tr>
<td>6. In total, how long did these awakenings last?</td>
<td>___hour(s)</td>
</tr>
<tr>
<td></td>
<td>___min(s)</td>
</tr>
<tr>
<td>7. What time did you finally awaken for the day?</td>
<td><em><strong>:</strong></em> AM</td>
</tr>
<tr>
<td></td>
<td><em><strong>:</strong></em> PM</td>
</tr>
<tr>
<td>7a. Did you wake up earlier than you planned? If so, by how much?</td>
<td>No/Yes</td>
</tr>
<tr>
<td></td>
<td>___min(s)</td>
</tr>
<tr>
<td>7b. Did you wake up later than you planned? If so, by how much?</td>
<td>No/Yes</td>
</tr>
<tr>
<td></td>
<td>___min(s)</td>
</tr>
<tr>
<td>8. What time did you get out of bed for the day?</td>
<td><em><strong>:</strong></em> AM</td>
</tr>
<tr>
<td></td>
<td><em><strong>:</strong></em> PM</td>
</tr>
<tr>
<td>9. In total, how long did you sleep?</td>
<td>___hour(s)</td>
</tr>
<tr>
<td></td>
<td>___min(s)</td>
</tr>
<tr>
<td>10. What was the quality of your sleep? (1=very poor ... 5=very good)</td>
<td></td>
</tr>
<tr>
<td>11. How rested or refreshed do you feel? (1=not at all rested ... 5=well rested)</td>
<td></td>
</tr>
<tr>
<td>12. How long did you nap yesterday?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>___min(s)</td>
</tr>
<tr>
<td>13. Comments (if applicable):</td>
<td></td>
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</tbody>
</table>