

Pulmonology Sleep Log

Question	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Did you take naps yesterday? If yes, give the total length of sleep in minutes.							
Did you take any sleeping medications? If yes, give time and amount.							
When did you turn out your lights, actually trying to sleep?							
How many minutes did it take you to fall asleep last night?							
How often did you awaken last night?							
How many minutes were you awake during last night. Do not count the time it took you to fall asleep initially.							
When did you wake up for the last time this morning?							
How many hours did you actually sleep last night?							
When did you get out of bed for the last time this morning?							

Circle the answer that best describes your experience to the following questions

Compared with your average over the last month, how well did you sleep last night?

- Much worse than my average
- Slightly worse than my average
- Fairly typical of me
- Slightly better than my average
- Much better than my average

Overall, how refreshing and restorative was your sleep?

- Not at all restorative - derived no benefit from my time in bed
- Some slight restorative value.
- Restorative, but not adequately so.
- Relatively satisfactory.
- Very satisfactory, feel completely refreshed and ready for the day.