

# Sleep Diary and Nightmare Log

ID: \_\_\_\_\_ Appointment: \_\_\_\_\_

## Sample

Date	4/5/11							
1. What time did you try to go to sleep last night?	2130 hrs							
2. How long did it take you to fall asleep in minutes?	55 min.							
3. How many times did you wake up, not counting your final awakening?	3 times							
4. In total, how long did these awakenings last in minutes?	70 min							
5. What time was your final awakening?	0635 hrs							
6. What time did you get out of bed for the day?	0720 hrs							
7. How would you rate the quality of your sleep? (0=Very Poor, 1=Poor, 2=Fair, 3=Good, 4=Very Good)	3							
8. In total, how long did you nap or doze yesterday?	45 min							
9. Did your duties end after 2100 last night or begin before 0600 this morning?	X Yes • No	• Yes • No	• Yes • No	• Yes • No	• Yes • No	• Yes • No	• Yes • No	• Yes • No
10. Last night, how many nightmares did you have that woke you up?	2							
11. How would you rate the overall severity of your nightmares? (0=Not at all, 1=Slightly, 2=Moderately, 3=Very much, 4= Extremely, NA=not applicable)	4							
12. Comments (if applicable):	I have a cold 10 mg Ambien 4 beers							