	Sleep Diary for the week of:				
	DAY of the WEEK Which night is being reported on?				
2	1. I went to bed at (clock time):				
5	2. I turned out the lights after (minutes):				
	3. I fell asleep in (minutes):				
	4. I woke up time(s) during the night. (number of awakenings):				
	5. The total duration of these awakenings was (minutes):				
	6. After awakening for the last time, I was in bed for (minutes):				
	7. I got up at (clock time):				
	The quality of my sleep was: 1=very poor; 10=excellent				
daans					
danna	1=very poor; 10=excellent Naps				
dagus	Naps Number, time and duration Alcohol				