



SLEEP DIARY

Remember: You can only enter Sleep Diaries for the past 3 nights in the Somryst mobile app.

Date	6/6/2019					
1. What time did you get into bed?	10:15 pm					
2. What time did you try to go to sleep?	11:30 pm					
3. How long did it take you to fall asleep?	1 hr. 15 min.					
4. A. How many times did you wake up, not counting your final awakening?	3 times					
B. In total, how long did these awakenings last, not including your final awakening?	1 hr. 10min.					
5. What time was your final awakening?	6:30 am					
6. What time did you get out of bed for the day?	7:20 am					
7. How would you rate the quality of your sleep?	Very Poor					
	Poor	X				
	Fair					
	Good					
	Very Good					
8. In total, how long did you nap or doze yesterday?	1 hr. 40m min.					
9. A. How many drinks containing alcohol did you have?	3					
B. What time was your last drink?	9:20 pm					
10. A. Did you take any over-the-counter or prescription medication(s) to help you sleep?	Y					
B. List medication(s)	choose from list					
C. What time did you take your last medication?	11:00 pm					
11. Did anything else disrupt your sleep?	choose from list					

Medications: Sonata (Zaleplon), Ambien (Zolpidem), Lunesta (Eszopiclone), Halcion (Triazolam), Restoril (Temazepam), ProSom (Estazolam), Rozerem (Ramelteon), Belsomra (Sovorexant), Sinequan (Doxepin), Coral (Quazepam), Desyrel (Trazodone), Ativan (Lorazepam), Klonopin (Clonazepam), Over-the-Counter Sleep Aid, Other

Sleep Disruptions: Family/life situation, Other medical problems, Trip to the bathroom, Pain, Work Stress, Relationship stress, Anxiety, Other