Sleep Log

Center for Narcolepsy Research
Stanford University School of Medicine

Your Name: _____

Your Birth Date: ____ / ____ / _____

Instructions:

Shade in the periods when you were asleep

↓ Mark your bedtime & any naps with downward arrows ↓

↑ Mark the time that you get up in the morning and after any naps with upward arrows ↑

- Mark the times that you take sleep-related medications with a heavy dot •
  - Use different colored dots or different symbols for each different medications

Example:

Date	Day	12 AM	2 AM	4 AM	6 AM	8 AM	10 AM	12 PM	2 PM	4 PM	6 PM	8 PM	10 PM	12 AM
8/16/07	1					↑ •		↓		↑ •		↓		
8/17/07	2				↑	•			↓	↑ •			↓	

Date	Day	12 AM	2 AM	4 AM	6 AM	8 AM	10 AM	12 PM	2 PM	4 PM	6 PM	8 PM	10 PM	12 AM