



INSTRUCTIONS:

1. Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation.
2. Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise.
3. Put a line (l) to show when you go to bed. Shade in the box that shows when you think you fell asleep.
4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around Midnight, woke up and couldn't get back to sleep at about 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7:00 in the morning.

	Today's Date	Day	Type of Day	Noon	1pm	2	3	4	5	6	7	8	9	10	11PM	Mid night	1AM	2	3	4	5	6	7	8	9	10	11AM
	Sample	Mon	Work		E					A				I													
Week One		Mon																									
		Tue																									
		Wed																									
		Thu																									
		Fri																									
		Sat																									
		Sun																									
Week Two		Mon																									
		Tue																									
		Wed																									
		Thu																									
		Fri																									
		Sat																									
		Sun																									