



**Sleep Disorders Unit  
ST VINCENT'S HOSPITAL**

SYDNEY

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**INSTRUCTIONS FOR THE  
SLEEP-WAKE DIARY**

The sleep diary consists of fourteen 24-hour graphs to complete over a two-week period.

Keep your diary beside your bed as you will need to complete it immediately before bedtime & after waking.

1) At **bedtime**, just before turning out the lights, record the following daily activities using the appropriate symbols at the appropriate times

- F** - Food (meals, snacks)
- C** - Caffeine (one **C** for each cup of coffee, tea or cola)
- A** - Alcohol (one **A** per drink)
- N** - Nap (**NB** for nap beginning, **NE** for nap ending)
- P** - Pill (sleeping pill / sedative)

↓ - Place a 'down' arrow at the time you intend to turn out the lights to go to sleep

2) After final morning **awakening**, but before getting out of bed, record the following –

- Draw a thick line across the sleep graph over the times you were asleep
- Leave gaps in the line for any time period you were awake
- Mark the time at which you **finally awoke** and did not go back to sleep with the appropriate symbol below

- S** - If you woke spontaneously
- Al** - If awoken by an alarm or other stimuli

↑ - Mark the time you **actually got out of bed** with an 'up' arrow

3) In **COLUMN A** estimate the time (in minutes) that it took you to fall asleep after turning out the lights

In **COLUMN B** estimate the total amount of time spent awake (if at all) during the night (after you fell asleep and before your final awakening)

4) Any comments?

Use the space below each 24-hour graph to note any events which may have affected your sleep

**EXAMPLE**

<----- PM -----> Midnight <----- AM -----> Noon <----- PM ----->

Day	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	A	B	
Th	25/4	F				A	P	↓	—————				—————	S	↑	F	C	C	F			C	N	—	A	F			30	60

COMMENTS? Took 1 Temaze at 10.30pm. Went to bed at 11.00pm. Awake 4.30-5.30am. Woke spontaneously at 6.30am in morning, out of bed at 7.15am, had 1 hour afternoon nap at 3.30-4:30pm

Day 1	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	A	B

COMMENTS ? .....

Day 2	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	A	B

COMMENTS ? .....

Day 3	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	A	B

COMMENTS ? .....

Day 4	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	A	B

COMMENTS ? .....

Day 5	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	A	B

COMMENTS ? .....

<----- PM -----> Midnight <----- AM -----> Noon <----- PM ----->

Day 6	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	A	B

COMMENTS ? .....

Day 7	Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	A	B

COMMENTS ? .....