

ADELAIDE INSOMNIA CLINIC

PSYCHOLOGY SERVICES

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The diary starts at **9 a.m.** on the first day.

Just before going to bed at night:

- Using the letters below, record the following activities at the appropriate times:
 - C** - caffeine (one C for each cup of coffee, tea, chocolate, glass of cola etc);
 - A** - alcohol (one A for each standard alcoholic beverage);
 - F** - food;
 - P** - sleeping pill (include brand/name if known);
 - E** - exercise.
- Rate your level of **daytime fatigue** in the last column;
- Place a *down* arrow (↓) at the time you first **got into bed**;
- Place a ● when you turn out your light.

When you get up in the morning:

- Draw a line across the chart for the periods that you felt you were **asleep** (———) or in **light sleep** (- - - - -) leaving gaps for awake times;
- Mark the times where you got in & out of bed for a **short break** (↑) to go to the toilet, to get a drink, etc;
- Mark the time you actually got **out of bed** with an *up* arrow (↑);
- Calculate your daily **Sleep Onset Latency** as the time between **First getting into bed** & falling asleep (deep or light sleep)
From Example: First got into bed at 10:15pm, estimated falling asleep at 11:00. Sleep Onset Latency is 45 min.
- Calculate your daily **Total Sleep Time** by adding up how long you slept in the night. **Light Sleep** is counted as ½ sleep & ½ awake (2hrs of Light Sleep = 1hr of Sleep Time);
From Example: Slept from 11:00-1:30am (2.5 hrs sleep) & 2:00-3:30am (1.5hrs sleep) & light sleep from 5:00-7:00am (2hrs light sleep = 1 hr sleep). Total Sleep Time is: 2.5+1.5+1 = 5 hrs.
- Calculate your daily **Total Time in Bed** as the time from the **First getting into bed** until the **Last Time out of bed**. Do not deduct any breaks during the night.
From Example: First got into bed at 10:15pm & got out of bed the next morning at 7:45am. Total Time in Bed is 9.5 hrs.

At the End of the Week:

- Calculate your **Weekly Totals** by totalling up the daily results in the **Sleep Onset Latency** , **Total Sleep Time** and **Total Time in Bed** columns;
- Calculate your weekly **Sleep Efficiency** by dividing the **Weekly Totals Total Sleep Time** by your **Weekly Totals Total Time in Bed**.
- Calculate your **Nightly Averages** by dividing the **Weekly Totals** by 7. This assumes completion of a full 7 day sleep/wake diary, adjust if recording fewer days in your diary.