



SLEEP JOURNAL

Seniors' Health & Wellness Institute

MY DAILY RECORD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
I woke up at . . .				
I actually got up for the day at . . .				
When I got up, on a scale of 1 to 10, I felt: exhausted <1-----10> well rested.				
I usually go to bed at . . . Today, I went to bed at . . .				
Things I do to help me sleep: (exercise, eat a snack at bedtime, take medication, drink alcohol, etc.)				
Before turning out the light, I . . . (read, watched TV, etc.)				
I turned out the lights at . . .				
I fell asleep in about __ minutes.				
I woke up __ times during the night.				
Altogether it took about ____ minutes to get back to sleep.				
My exercise for today was . . . (fitness class, yoga, walking, etc.)				



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MY DAILY RECORD	THURSDAY	FRIDAY	SATURDAY
I woke up at . . .			
I actually got up for the day at . . .			
When I got up, on a scale of 1 to 10, I felt: exhausted <1-----10> well rested.			
I usually go to bed at . . . Today, I went to bed at . . .			
Things I do to help me sleep: (exercise, eat a snack at bedtime, take medication, drink alcohol, etc.)			
Before turning out the light, I . . . (read, watched TV, etc.)			
I turned out the lights at . . .			
I fell asleep in about ____ minutes.			
I woke up ____ times during the night.			
Altogether it took about ____ minutes to get back to sleep.			
My exercise for today was . . . (fitness class, yoga, walking, etc.)			