



SLEEP JOURNAL

Prepare the answers to the following questions ahead of time, so you can capture your thoughts and have the information ready for your provider:

1. Do you have trouble falling asleep?

Yes No

2. Do you have trouble staying asleep?

Yes No

3. Do you have trouble with waking up early in the morning?

Yes No

4. Do you experience fatigue during the day?

Yes No

5. Do you experience trouble concentrating during the day?

Yes No

6. Do you experience mood shifts during the day?

Yes No

7. When you do sleep, do you feel refreshed in the morning?

Never Sometimes Always

8. Have you had these symptoms at least 3 nights per week for at least 3 months?

Yes No

If you answered No, please list the frequency of your symptoms below:



9. How many hours of sleep do you get per night on average?

10. At what time do you normally go to bed?

11. At what time do you normally wake up?

12. Do you drink caffeine?

Yes No

If you answered Yes, how long before bed do you consume it?

13. Do you watch TV in bed before going to sleep?

Yes No

14. Do you use screens (phone, tablet, laptop, etc.) before bed?

Yes No

15. Have you tried changing your night-time habits?

Yes No

If you answered Yes, which ones?





16. Have you tried over-the-counter or prescription medications to treat your symptoms?

- Yes No

If you answered Yes, which ones?

Bonus Questions

In order to discard other possible diagnoses, such as sleep apnea or restless leg syndrome, it is useful to also have answers prepared for the following questions:

1. Do you snore?

- Yes No I don't know

2. Do you awaken abruptly during the night gasping or choking?

- Yes No

3. Do you have the urge to move or twitch your legs at night?

- Yes No

4. Do you have a history of anxiety or depression?

- Yes No I don't know

5. Do you suffer from chronic pain?

- Yes No

6. Do you suffer from back pain?

- Yes No

External Resources

- Find out more information about how to use a sleep journal from the National Sleep Foundation: <https://www.thensf.org/nsf-sleep-diary/>
- Results of the Wake Up America Survey: Sleeplessness at Home and Beyond, conducted by the Alliance for Sleep: <https://www.wakeupamericasurvey.com/>
- For more resources, check out the Alliance for Sleep YouTube channel: [The Alliance for Sleep - YouTube](#)

