

SLEEP DIARY

Sleep is one of the most important sources of energy and at the same time it strengthens the immune system. Not only the length of sleep, but also the quality of sleep is a central point for the best possible regeneration.

Print out this template and place it on your bedside table.

With just a few regularly recorded points you will quickly get a feeling for when and why you feel rested and refreshed in the morning.

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
HOW WELL DID YOU SLEEP? 1= very poor 5=very good	12345	1 2 3 4 5	12345	12345	1 2 3 4 5	12345	1 2 3 4 5			
WHEN DID YOU GO TO BED?	O´clock									
WHEN DID YOU GET UP?	O´clock									
HOW LONG DID YOU SLEEP??	h	h	h	h	h	h	h			
DID YOU STAY AWAKE IN BED LAST NIGHT?	ja nein									
DID YOU WAKE UP DURING THE NIGHT??	ja nein									
Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
HOW WELL DID YOU SLEEP? 1= very poor 5=very good	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5			
WHEN DID YOU GO TO BED?	O´clock									
WHEN DID YOU GET UP?	O´clock	O´clock	O'clock	O'clock	O´clock	O´clock	O´clock			
HOW LONG DID YOU SLEEP??	h	h	h	h	h	h	h			
DID YOU STAY AWAKE IN BED LAST NIGHT?	ja nein									
DID YOU WAKE UP DURING THE NIGHT??	ja nein									
	_									
Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
HOW WELL DID YOU SLEEP? 1= very poor 5=very good	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	12345	1 2 3 4 5			
WHEN DID YOU GO TO BED?	O´clock									
WHEN DID YOU GET UP?	O´clock									
HOW LONG DID YOU SLEEP??	h	h	h	h	h	h	h			
DID YOU STAY AWAKE IN BED LAST NIGHT?	ja nein									
DID YOU WAKE UP DURING THE NIGHT??	ja nein									



Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOW WELL DID YOU SLEEP?	1-10110711	10230711	***************************************	11101135711	11110711	3711 0113711	30113711
1= very poor 5=very good	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
WHEN DID YOU GO TO BED?	O'clock	O'clock	O'clock	O´clock	O'clock	O´clock	O´clock
WHEN DID YOU GET UP?	O´clock	O´clock	O´clock	O´clock	O´clock	O´clock	O´clock
HOW LONG DID YOU SLEEP??	h	h	h	h	h	h	h
DID YOU STAY AWAKE IN BED LAST NIGHT?	ja nein	ja nein	ja nein	ja nein	ja nein	ja nein	ja nein
DID YOU WAKE UP DURING THE NIGHT??	ja nein	ja nein	ja nein	ja nein	ja nein	ja nein	ja nein
Date	- ACNDAY	THECDAY	LIEDNIECD AV	THIRSDAY	FDIDAY	CATURDAY	CUNDAY
Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOW WELL DID YOU SLEEP? 1= very poor 5=very good	1 2 3 4 5	12345	1 2 3 4 5	1 2 3 4 5	12345	12345	12345
WHEN DID YOU GO TO BED?	O´clock	O'clock	O'clock	O'clock	O'clock	O'clock	O´clock
WHEN DID YOU GET UP?	O´clock	O´clock	O´clock	O´clock	O´clock	O´clock	O´clock
HOW LONG DID YOU SLEEP??	h	h	h	h	h	h	h
DID YOU STAY AWAKE IN BED LAST NIGHT?	ja nein	ja nein	ja nein	ja nein	ja nein	ja nein	ja nein
DID YOU WAKE UP DURING THE NIGHT??	ja nein	ja nein	ja nein	ja nein	ja nein	ja nein	ja nein
Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date HOW WELL DID YOU SLEEP? 1= very poor 5=very good	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1 2 3 4 5	SATURDAY	SUNDAY 1 2 3 4 5
HOW WELL DID YOU SLEEP?							
HOW WELL DID YOU SLEEP? 1= very poor 5=very good	12345	12345	1 2 3 4 5	12345	12345	12345	1 2 3 4 5
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED?	1 2 3 4 5 	1 2 3 4 5 	1 2 3 4 5 	1 2 3 4 5 O′clock	1 2 3 4 5 	1 2 3 4 5 	O'clock
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP?	0′clock	1 2 3 4 5 O'clock	1 2 3 4 5O'clock	1 2 3 4 5 O′clock	1 2 3 4 5 O'clock	O´clock	O'clock
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP? HOW LONG DID YOU SLEEP?? DID YOU STAY AWAKE IN BED LAST	O'clock	1 2 3 4 5O´clockh	1 2 3 4 5O'clockh	1 2 3 4 5O'clockh	1 2 3 4 5O'clockh	O´clock	O'clock
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP? HOW LONG DID YOU SLEEP?? DID YOU STAY AWAKE IN BED LAST NIGHT? DID YOU WAKE UP DURING THE NIGHT??	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clockO'clockhjanein
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP? HOW LONG DID YOU SLEEP?? DID YOU STAY AWAKE IN BED LAST NIGHT? DID YOU WAKE UP DURING THE NIGHT??	O'clockhjanein	O'clockh janein	O'clockhiaia	O'clockhjanein	O'clockhjanein	O'clockhjanein	O'clockhianein
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP? HOW LONG DID YOU SLEEP?? DID YOU STAY AWAKE IN BED LAST NIGHT? DID YOU WAKE UP DURING THE NIGHT??	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clock O'clock h ja nein	O'clockO'clockhjanein
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP? HOW LONG DID YOU SLEEP?? DID YOU STAY AWAKE IN BED LAST NIGHT? DID YOU WAKE UP DURING THE NIGHT?? Date HOW WELL DID YOU SLEEP?	O'clock O'clock h ja nein MONDAY	O'clock O'clock h ja nein TUESDAY	O'clock O'clock h ja nein WEDNESDAY	O'clock O'clock h ja nein THURSDAY	O'clock O'clock h ja nein FRIDAY	O'clock O'clock h ja nein SATURDAY	O'clock O'clock h ja nein
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP? HOW LONG DID YOU SLEEP?? DID YOU STAY AWAKE IN BED LAST NIGHT? DID YOU WAKE UP DURING THE NIGHT?? Date HOW WELL DID YOU SLEEP? 1= very poor 5=very good	O'clock O'clock h ja nein MONDAY	O'clockO'clockhja	O'clock O'clock h ja nein WEDNESDAY	O'clockO'clockhja	O'clock O'clock h ja nein FRIDAY	O'clock O'clock h ja nein SATURDAY	O'clockO'clockhjanein SUNDAY 1 2 3 4 5
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP? HOW LONG DID YOU SLEEP?? DID YOU STAY AWAKE IN BED LAST NIGHT? DID YOU WAKE UP DURING THE NIGHT?? Date HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED?	O'clock O'clock h ja nein MONDAY 1 2 3 4 5 O'clock	O'clock O'clock h ja nein TUESDAY 1 2 3 4 5 O'clock	O'clock O'clock h ja nein WEDNESDAY 1 2 3 4 5 O'clock	O'clock O'clock h ja nein THURSDAY 1 2 3 4 5	O'clock O'clock h ja nein FRIDAY 1 2 3 4 5 O'clock	O'clock O'clock h ja nein SATURDAY 1 2 3 4 5 O'clock	O'clockO'clockhja nein SUNDAY 1 2 3 4 5O'clock
HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED? WHEN DID YOU GET UP? HOW LONG DID YOU SLEEP?? DID YOU STAY AWAKE IN BED LAST NIGHT? DID YOU WAKE UP DURING THE NIGHT?? Date HOW WELL DID YOU SLEEP? 1= very poor 5=very good WHEN DID YOU GO TO BED?	O'clock O'clock O'clock h ja nein MONDAY 1 2 3 4 5 O'clock	O'clockO'clockhja	O'clock O'clock O'clock h ja nein WEDNESDAY 1 2 3 4 5 O'clock	O'clock O'clock O'clock h ja nein THURSDAY 1 2 3 4 5 O'clock	O'clock O'clock O'clock h ja nein FRIDAY 1 2 3 4 5 O'clock	O'clock O'clock O'clock h ja nein SATURDAY 1 2 3 4 5 O'clock O'clock	O'clockO'clockhja nein SUNDAY 1 2 3 4 5O'clockO'clockO'clock