

# SLEEP LOG

We would like to get an idea of your “normal” sleeping pattern to help us interpret your nap study. Please complete this Sleep Log for the week before your nap study. (Or as much as you can manage.)

<b>DAY</b>	<b>Example:</b> Sunday August 12						
Time you woke up	7:00 AM						
Any naps?	Yes						
Time spent napping	30 minutes						
Time you went to sleep	11:45 PM						

Please bring this Sleep Log with you when you do the nap study. Thanks!

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
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