



SLEEP LOG



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE							
COMPLETE IN THE MORNING							
I went to bed last night at ... <i>(time)</i>							
I got up this morning at ... <i>(time)</i>							
I slept for a total of ... <i>(hours)</i>							
I woke up during the night ... <i>(# times)</i>							
My quality of sleep was ... <i>(very good, good, bad, very bad)</i>							
This morning, I feel ... <i>(mood)</i>							
Write your own:							
COMPLETE IN THE EVENING							
I was active today for ... <i>(minutes)</i>							
My choice of activity was ... <i>(type of activity)</i>							
The intensity of my activity was ... <i>(light, moderate, intense)</i>							
Muscle strengthening activity?	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Write your own:							

Learn more about the benefits of sleep at go.umd.edu/sleep