

## Pivot Behavioral Health Sleep Log

**Instructions:** Fill in the date of the first day. Fill in the days of the week that correspond to the hours of 6PM-12AM, and to 12AM-5PM. Complete this log twice daily—at night to record your daytime information and again first thing in the morning to record your nighttime information. **Sleep Cycle:** In this row, record information about when you are in bed, when you sleep, and when you wake up. Include both your nighttime sleep and daytime naps.

Use this key:

- ↓ Time(s) you got into bed (at the beginning of night, and if you leave and return to bed in the middle of night).  
 \* Time you turned the lights out (only mark if different from the time you got into bed).  
 — Time you believe you were asleep (use a squiggly line ~~~ to indicate light, fitful sleep). Use this for naps during the day too.  
 | Middle-of-the-night awakenings.  
 ↑ Time(s) you got out of bed after lights out (including end of sleep period).

**C-A-N-E-M:** In this row, record whether you consumed Caffeine, Alcohol, or Nicotine, Exercised, and took Medication by placing the corresponding letter in the appropriate cell. **Hours Asleep:** Record your best estimate of the total number of hours you were asleep *at night*. Do not include daytime naps, but do include fitful sleep (squiggly line). **Hours in Bed:** Record your best estimate of the total number of hours you were in bed at night and *attempting* to sleep. **Fatigue:** Rate the amount of fatigue you experienced on the day that corresponds to 12AM-5PM: 0 = “No fatigue” to 10 = “Extreme fatigue.”

Date: \_\_\_\_\_

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## Sleep Log

Day:							Day:																	Fatigue (0-10):				Hours	
	6 <sup>PM</sup>	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5 <sup>PM</sup>	Asleep	In Bed			
Sleep Cycle																													
CANEM																													

**Averages:** At the end of the week, calculate and record your averages. (a) **Average Hours Asleep:** Add up your Hours Asleep and divide by the number of nights for which you have this data. Record your average. (b) **Average Hours in Bed:** Do the same for Hours in Bed. (c) **Sleep Efficiency:** Average Hours Asleep divided by Average Hours in Bed, multiplied by 100.

(a) Average Hours Asleep:
(b) Average Hours in Bed:
(c) Sleep Efficiency: