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| NIGHT LOG |  |

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| **DATE/DAY**  *Fill in each morning immediately after getting out of bed* |  |  |  |  |  |  |  |  |  |
| 1. **What time did you go to bed last night?** |  |  |  |  |  |  |  |  |
| 1. **How long did it take you to fall asleep?** |  |  |  |  |  |  |  |  |
| 1. **How many times did you wake up during the night?** |  |  |  |  |  |  |  |  |
| 1. **For how long in total were you awake during the night?** |  |  |  |  |  |  |  |  |
| 1. **How much time did you spend out of bed during the night?** |  |  |  |  |  |  |  |  |
| 1. **What time did you wake up this morning?** |  |  |  |  |  |  |  |  |
| 1. **What time did you get out of bed this morning?** |  |  |  |  |  |  |  |  |
| 1. **Did you take a sleeping pill last night? (Y?N)** |  |  |  |  |  |  |  |  |
| 1. **Generally speaking, how well do you feel this morning?  *(1=Not well; 2=Just OK; 3=Fine; 4=Very well)*** |  |  |  |  |  |  |  |  |
| 1. **How enjoyable was your sleep last night? *(1=Not good; 2=Just OK; 3 Good; 4=Very good)*** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| 1. ***TIME IN BED (TIB) = time between # 1 and # 7*** |  |  |  |  |  |  |  |  |
| 1. ***WAKE AFTER SLEEP ONSET (WASO) – Time awake after first falling asleep and before getting out of bed in the morning = #4 + (time between #6 and #7)*** |  |  |  |  |  |  |  |  |
| 1. ***TOTAL SLEEP TIME (TST)   = #11 – (#2 + #12)*** |  |  |  |  |  |  |  |  |
| 1. ***SLEEP EFFICIENCY = TST (#13) / TIB (#11)*** |  |  |  |  |  |  |  |  |