

One-week Sleep Log ©



OHIO SLEEP MEDICINE INSTITUTE
 CENTER OF SLEEP MEDICINE EXCELLENCE™

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Date: _____ Total hours asleep: _____

Behavior code:																									
Block in hours sleep/asleep																									
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
	noon												midnight						noon						

Date: _____ Total hours asleep: _____

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Block in hours sleep/asleep																									
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
	noon												midnight						noon						

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	noon												midnight						noon						

**Sleepy/Asleep
Code Key**

Asleep	
Sleepy	
Awake	

Behavior Code Key

- A - Alcohol use
- C - Cataplexy
- E - Exercise
- M - Meals
- P - Sleep Paralysis
- ST - Sleep Talking
- T - Sleep Terror
- V - Violent Behavior
- W - worrying
- B - Bruxism
- D - Dreams
- K - Kicking
- N - Nightmares
- R - Rest
- SW - Sleep Walking
- U - Upset
- X - Sex
- Z - Snoring