



<i>Sleep Diary</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Complete each Morning							
I went to bed last night at (time)							
I woke this morning at (time)							
How long did it take to fall asleep?							
I slept for a total of (hours)							
I woke up during the night (times)							
My AM fasting blood glucose is							
Complete each Evening							
Number of caffeinated drinks							
Time of last caffeinated drink							
Mins of exercise completed today							
What I did within 60 minutes of going to bed							
Mood Today? (0=poor, 10=great)							
Energy Today? (0=poor, 10=great)							