

# Track Your Sleep

Use this sleep diary to help you track the quality and quantity of your sleep. This will help you look at your sleep behaviors over time and identify barriers to sleep. Also, it can help you reinforce healthy sleep behaviors. **Fill it out first thing in morning when you wake up.** For more information about sleep, visit [GatorWell.ufsa.ufl.edu](http://GatorWell.ufsa.ufl.edu) or visit a medical provider at the Student Health Care Center.

<p><b>Day 1</b> Today is: S M T W T F S Total Sleep Time: ____</p> <p>Bed time last night ____ AM/PM I woke up:            Wake time this morning ____ AM/PM __ Well Rested &amp;            It took me ____ min to fall asleep Refreshed            I woke up ____ times during the night __ Somewhat rested            I was disturbed by: _____ __ Tired            _____ __ Exhausted</p> <p>I engaged in ____ min of physical activity yesterday            I took a nap for ____ min yesterday</p>	<p><b>Day 4</b> Today is: S M T W T F S Total Sleep Time: ____</p> <p>Bed time last night ____ AM/PM I woke up:            Wake time this morning ____ AM/PM __ Well Rested &amp;            It took me ____ min to fall asleep Refreshed            I woke up ____ times during the night __ Somewhat rested            I was disturbed by: _____ __ Tired            _____ __ Exhausted</p> <p>I engaged in ____ min of physical activity yesterday            I took a nap for ____ min yesterday</p>
<p><b>Day 2</b> Today is: S M T W T F S Total Sleep Time: ____</p> <p>Bed time last night ____ AM/PM I woke up:            Wake time this morning ____ AM/PM __ Well Rested &amp;            It took me ____ min to fall asleep Refreshed            I woke up ____ times during the night __ Somewhat rested            I was disturbed by: _____ __ Tired            _____ __ Exhausted</p> <p>I engaged in ____ min of physical activity yesterday            I took a nap for ____ min yesterday</p>	<p><b>Day 5</b> Today is: S M T W T F S Total Sleep Time: ____</p> <p>Bed time last night ____ AM/PM I woke up:            Wake time this morning ____ AM/PM __ Well Rested &amp;            It took me ____ min to fall asleep Refreshed            I woke up ____ times during the night __ Somewhat rested            I was disturbed by: _____ __ Tired            _____ __ Exhausted</p> <p>I engaged in ____ min of physical activity yesterday            I took a nap for ____ min yesterday</p>
<p><b>Day 3</b> Today is: S M T W T F S Total Sleep Time: ____</p> <p>Bed time last night ____ AM/PM I woke up:            Wake time this morning ____ AM/PM __ Well Rested &amp;            It took me ____ min to fall asleep Refreshed            I woke up ____ times during the night __ Somewhat rested            I was disturbed by: _____ __ Tired            _____ __ Exhausted</p> <p>I engaged in ____ min of physical activity yesterday            I took a nap for ____ min yesterday</p>	<p><b>Day 6</b> Today is: S M T W T F S Total Sleep Time: ____</p> <p>Bed time last night ____ AM/PM I woke up:            Wake time this morning ____ AM/PM __ Well Rested &amp;            It took me ____ min to fall asleep Refreshed            I woke up ____ times during the night __ Somewhat rested            I was disturbed by: _____ __ Tired            _____ __ Exhausted</p> <p>I engaged in ____ min of physical activity yesterday            I took a nap for ____ min yesterday</p>
	<p><b>Day 7</b> Today is: S M T W T F S Total Sleep Time: ____</p> <p>Bed time last night ____ AM/PM I woke up:            Wake time this morning ____ AM/PM __ Well Rested &amp;            It took me ____ min to fall asleep Refreshed            I woke up ____ times during the night __ Somewhat rested            I was disturbed by: _____ __ Tired            _____ __ Exhausted</p> <p>I engaged in ____ min of physical activity yesterday            I took a nap for ____ min yesterday</p>

**TOTAL SLEEP TIME:**