



Reasonable Diet / Reasonable Life -- Sleep Diary

Date: _____ through: _____

Days	Midnight	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	Noon	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	Total
Monday																									
Tuesday																									
Wednesday																									
Thursday																									
Friday																									
Saturday																									
Sunday																									

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total sleep = ____ hours	Total sleep = ____ hours	Total sleep = ____ hours	Total sleep = ____ hours	Total sleep = ____ hours	Total sleep = ____ hours	Total sleep = ____ hours
Awoke feeling (circle one)	Awoke feeling (circle one)	Awoke feeling (circle one)	Awoke feeling (circle one)	Awoke feeling (circle one)	Awoke feeling (circle one)	Awoke feeling (circle one)
1,2,3,4,5,6,7,8,9,10	1,2,3,4,5,6,7,8,9,10	1,2,3,4,5,6,7,8,9,10	1,2,3,4,5,6,7,8,9,10	1,2,3,4,5,6,7,8,9,10	1,2,3,4,5,6,7,8,9,10	1,2,3,4,5,6,7,8,9,10
Caffeine = -----	Caffeine = -----	Caffeine = -----	Caffeine = -----	Caffeine = -----	Caffeine = -----	Caffeine = -----
Alcohol = -----	Alcohol = -----	Alcohol = -----	Alcohol = -----	Alcohol = -----	Alcohol = -----	Alcohol = -----
Medication = -----	Medication = -----	Medication = -----	Medication = -----	Medication = -----	Medication = -----	Medication = -----
Exercise = -----	Exercise = -----	Exercise = -----	Exercise = -----	Exercise = -----	Exercise = -----	Exercise = -----
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

contact www.reasonablediet.com for instructions on how to use this form.