



Bettgeflüster

The BKK campaign
for healthy sleep

Sleep diary

Understand and improve your sleep

Week:

| In the morning | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|-----|-----|-----|-----|-----|-----|-----|
| How refreshing was your sleep? (very refreshing = 1; not at all refreshing = 6) | | | | | | | |
| How do you feel now? (very refreshed = 1, not at all refreshed = 6) | | | | | | | |
| How long did it take you to fall asleep after switching off the lights? (minutes) | | | | | | | |
| What kept you from falling asleep? | | | | | | | |
| Did you wake up during the night? If yes, how often and for how long? (minutes) | | | | | | | |
| How long did you sleep in total? (hours) | | | | | | | |
| When were you fully awake? | | | | | | | |
| When did you get up? | | | | | | | |
| Did you take any medication? (drug, dose, time) | | | | | | | |

| In the evening (before switching off the lights) | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|-----|-----|-----|-----|-----|-----|-----|
| How relaxed do you feel now? (very relaxed = 1, not at all relaxed = 6) | | | | | | | |
| How was your productivity today? (very capable = 1, not at all = 6) | | | | | | | |
| How exhausted were you today? (not at all = 1, very exhausted = 6) | | | | | | | |
| How long did you sleep during the day? | | | | | | | |
| Did you drink alcohol during the last four hours? | | | | | | | |
| When did you have your evening meal? | | | | | | | |
| When did you go to bed? | | | | | | | |