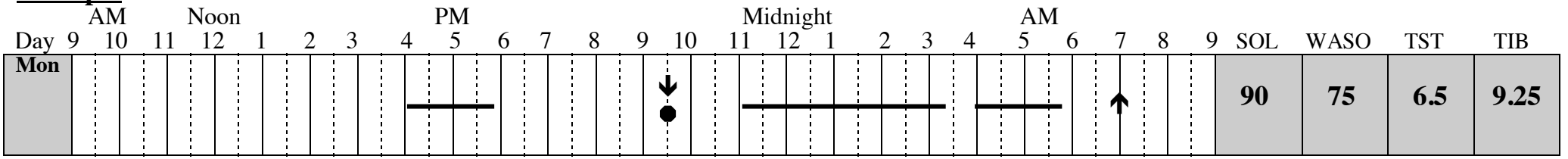
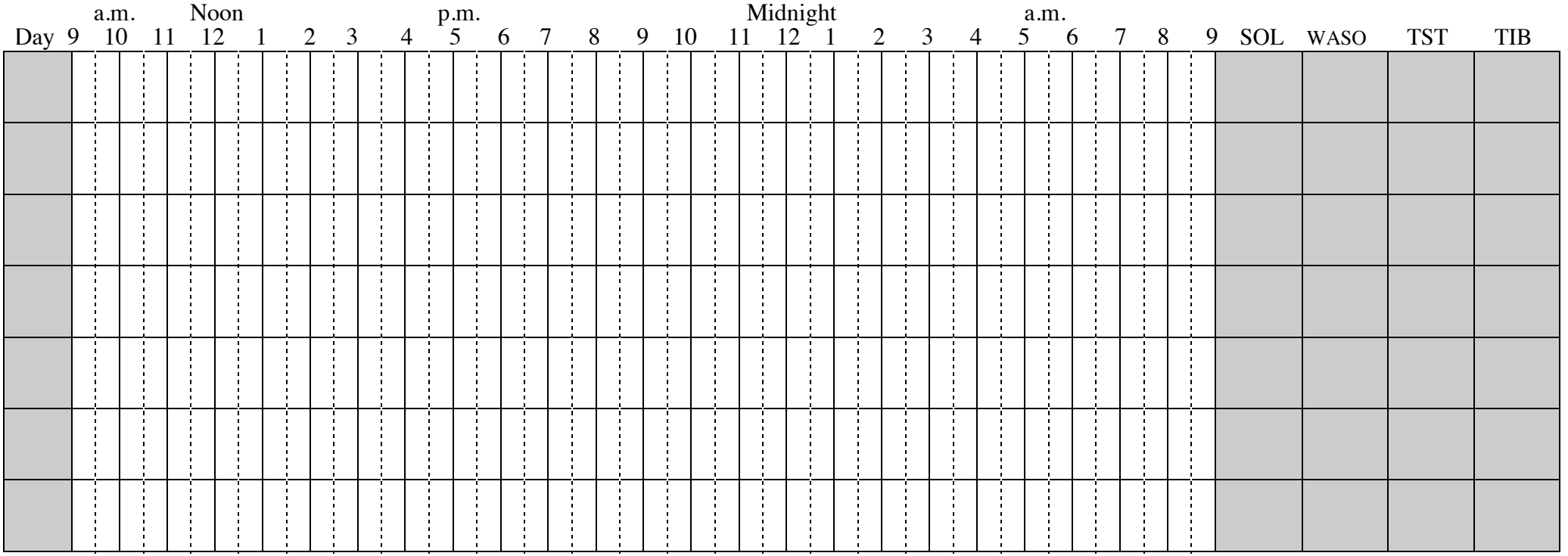
7-DAY SLEEP DIARY

Symbols ↓ in bed ● lights out
↑ out of bed ——— asleep

Abbreviations **SOL** – Time to fall asleep (in minutes)
WASO – Time spent awake during night – not including SOL (in minutes)
TIB – Time In Bed (in hours)
TST – Total Sleep Time (in hours)

Example



Name_____ **Start Day and Date** _____