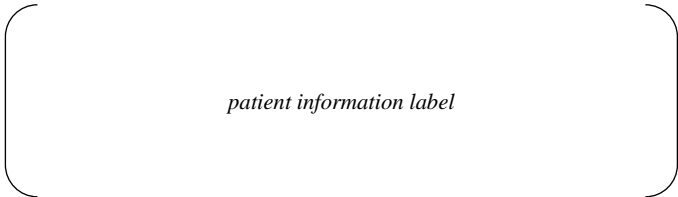




\* S L E E P S R E \*

Studies have shown that the nature of sleep disturbance is divided almost equally into three groups: those who have difficulty getting to sleep, but not staying asleep; those who have no difficulty getting to sleep, but have staying asleep; and those who have difficulty both getting to and staying asleep. Sleep diaries can be useful to identify the nature of sleep disturbance, to guide treatment and to assess the patient’s response to therapy.

Sleep diary for your patient’s use						
Date:						
Did you nap today?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, when and for how long?						
Did you exercise today?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, when and for how long?						
Estimated time into bed						
Estimated time of “lights out”						
Estimated time to fall asleep						
Estimated number of awakenings						
Estimated longest awakening						
Estimated time of “lights on”						
Estimated time out of bed						
Estimated total sleep time						
Sleep Quality (0-10). 0=worst, 10=best						



*patient information label*