

SIYYp/Wa_Y d]Ufm

Legenda: **C** = cafeine drinks (coffee, tea, cola, energy drink);
9 = exercise / sport / activity;
A = for each glass of alcohol that you have drunk;
M = when you took medicine (incl. melatonine);
L = use of laptop, tablet or smartphone (excl. calling);
↓ = the moment that you switch off the light to go to sleep;
↑ = the moment that you go out of bed to start the day.

D5M	DAT9	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6
Mnday	14 04			C			A			—					C	L	M	↓	—	—	—				↑
		← MORNING →						← AFTERNOON / EVENING →												← NIGHT / MORNING →					
DAM	DATUM	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6
DAM	DATUM	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6
DAM	DATUM	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6
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DAM	DATUM	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6
DAM	DATUM	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6

D`YUgY`di hall medicine that you use here:

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- Instructicbg Zcf`Z`]b[`]b`h`Y`X]Ufm**
- The sleep/wake diary needs to be filled in **7 gi VgYei Ybh** days. Please fill in as mentioned in the legenda and the example.
 - When you wake up in morning please mention the duration of your sleep (*gYY`YI Ua d`Y*), by putting a line (can also be a nap during the day). Interrupt the line when you were awake.
 - Do not continuously look at the clock. Times are a realistic estimate.