

Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you go to bed?							
What time did you wake up this morning?							
How long do you think it took to fall asleep?							
How easy was it to fall asleep? Easy Some difficulty Difficult							
Did you wake up overnight? How many times?							

<p>What woke you up? Need the toilet? Thinking, worrying? Noise? Light? Other?</p>							
<p>How many hours did you sleep last night?</p>							
<p>How would you describe your sleep last night? 1 = Very poor, hardly slept 2 = Poor, sleep was disrupted 3 = Average, slept for periods 4 = Good, slept for most of the night 5 = Very good, had a good night's sleep</p>							