## Sleep diary

### Columns:
- **Date/Time**: 00:00 to 23:59
- **↓**: Lie down
- **↑**: Stand up
- **L**: Lights out
- **H**: Lights on, brightness
- **S; R**: Sleep; relaxation
- **W**: Going to the toilet
- **P**: Plans, thoughts
- **E**: Exercises, sport, training, activation
- **m; M**: Small meal; large meal
- **A; C; D**: Alcohol; caffeine/tea; other drink

### Further comments:

### Legend:
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Keeping the protocol

Enter the date in the left-hand column.
Enter the approximate time ...

↓; ↑ … when you went to bed and got up.
L; H … when you went to sleep (lights off and on).
S … when you slept or relaxed.
W … when you had to go to the toilet.
P … when you thought about plans, tasks, problems, joys.
E … when you did exercises, sports.
m; M … when you ate a small or large meal.
A; C; D … when you drank alcohol, caffeine/tea or something else.
### Sleep diary: Example

**Name:**

**First name:**

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Further comments:

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**Sleep diary** prodormo.ch

3/3; 2024-01-17