



## 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: \_\_\_\_\_

Datum/Zeit	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Sa, 05.10.	D	↓LS	S	WS	S	S	S	SH↑	Cm					Dm			ED	ED			Dm			↓LS
So, 06.10.	S	S	S	WP	S	S	SH↑	Cm					Dm							Dm			D↓LP	S
Mo, 07.10.	S	S	WP	PS	S	SP	PH↑	Cm					Cm					ED		Dm			D	↓LP
Di, 08.10.	S	S	WS	S	S	S	H↑	Cm					Dm							Dm	D		↓LS	S
Mi, 09.10.	S	S	S	S	WS	S	H↑	Cm					ED	Dm						Dm			↓LS	S
Do, 10.10.	S	S	S	S	S	S	H↑	Cm					GM					ED		Dm			↓LS	S
Fr, 11.10.	S	S	S	S	S	S	S	H↑	Cm				Gm								AM A			
Sa, 12.10.	↓LS	S	S	WS	S	S	S	S	H↑	Cm				Dm			ED	ED			Dm			
So, 13.10.	S	S	S	WS	S	S	SH↑							Dm						Dm			G	↓LS
Mo, 14.10.	S	S	WP	S	S	S	PH↑	Cm					Cm					ED		Dm			↓L	S
Di, 15.10.	S	S	SW	S	S	S	H↑	Cm					Dm							Dm		G	↓LS	S
Mi, 16.10.	S	SW	S	S	WS	S	H↑	Cm					ED	Dm						Dm			↓LS	S
Do, 17.10.	S	S	S	S	S	S	H↑	Cm					Dm					ED			Dm		↓LS	S
Fr, 18.10.	S	S	S	S	WS	S	S	H↑	Cm				Dm								AM A			↓LS

- ↓ Lie down
- ↑ Stand up
- L Lights out
- H Lights on, brightness
- S 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:

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