



Use our sleep packet to share important information regarding your sleep habits with your doctor.

- Print seven or more copies of the sleep diary entry page to keep track of your daily habits and sleep patterns.
- Organize your full medication list, personal and family medical history, and summarize your sleep diary findings, all in one place.
- Paper-clip or staple these pages together and present them to your doctor to help you stay focused on the thoughts and concerns you have about your sleep.

Checklist for Your Doctor



Medications:

Name	Dosage	Times taken per day (a.m./p.m.)	Notes

Personal medical history:

I have history of...

- Brain injury, including concussion
- Anxiety or depression
- Falls or big stumbles
- Sleep disorders

Significant personal/family medical history:

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Some patterns I've noticed while using my sleep diary:

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Sleep Diary Entry



Document your regular sleep and daily habits for at least a week. Print at least seven of these pages and keep them filed for your reference. Organize them by date. It's best to complete this sheet every night before bed.

Day:

Date:



Today's mood:



Mental clarity level:



Energy level:



This morning, I woke up at . Tonight, I'm planning to sleep at .
It took to fall asleep last night.
I remember waking times because .
I napped for yesterday. I slept a total of hours.



At o'clock, I had for breakfast.
I also took these medications (if applicable):
At o'clock, I had for lunch.
I also took these medications (if applicable):
At o'clock, I had for dinner.
I also took these medications (if applicable):
Did I eat any snacks today? When?



How many hours did I watch television or use my cellphone today?
What physical activities did I do today?
How much time did I spend outside today?



Before heading to bed, I'll try to clear my mind by listing worries and to-do lists here:

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