

## Sleep and Fatigue diary

Please circle yes or no to indicate if you were sleeping at this time

Please rate energy levels from 1 = no energy at all to 10 = lots of energy

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
00.00 – 06.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
06.00 – 07.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
07.00 – 08.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
08.00 – 09.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00 – 10.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
10.00 – 11.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
11.00 – 12.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
12.00 – 13.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13.00 – 14.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
14.00 – 15.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
15.00 – 16.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
16.00 – 17.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							

## Sleep and Fatigue diary

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17.00 – 18.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
18.00 – 19.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
19.00 – 20.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
20.00 – 21.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							

## Sleep and Fatigue diary

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21.00 – 22.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
22.00 – 23.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							
23.00 – 00.00	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy	Sleep <b>Y N</b> Energy
Activity							