****

*Skills for Life Coaching -Sleep Diary*

**Day 1 ………….**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **6** | **7** | **8** | **9** | **10** | **11** | **Midnight** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Noon** | **1** | **2** | **3** | **4** | **5** |

**Level of fatigue during the day:** None (rested) A little (slightly tired) Tired (sleepy) Exhausted (as if I haven’t slept)

**Day 2 ………….**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **6** | **7** | **8** | **9** | **10** | **11** | **Midnight** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Noon** | **1** | **2** | **3** | **4** | **5** |

**Level of fatigue during the day:** None (rested) A little (slightly tired) Tired (sleepy) Exhausted (as if I haven’t slept)

**Day 3 ………….**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **6** | **7** | **8** | **9** | **10** | **11** | **Midnight** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Noon** | **1** | **2** | **3** | **4** | **5** |

**Level of fatigue during the day:** None (rested) A little (slightly tired) Tired (sleepy) Exhausted (as if I haven’t slept)

**Day 4 ………….**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **6** | **7** | **8** | **9** | **10** | **11** | **Midnight** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Noon** | **1** | **2** | **3** | **4** | **5** |

**Level of fatigue during the day:** None (rested) A little (slightly tired) Tired (sleepy) Exhausted (as if I haven’t slept)

**Day 5 ………….**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **6** | **7** | **8** | **9** | **10** | **11** | **Midnight** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Noon** | **1** | **2** | **3** | **4** | **5** |

**Level of fatigue during the day:** None (rested) A little (slightly tired) Tired (sleepy) Exhausted (as if I haven’t slept)

**Day 6 ………….**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **6** | **7** | **8** | **9** | **10** | **11** | **Midnight** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Noon** | **1** | **2** | **3** | **4** | **5** |

**Level of fatigue during the day:** None (rested) A little (slightly tired) Tired (sleepy) Exhausted (as if I haven’t slept)

**Day 7 ………….**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **6** | **7** | **8** | **9** | **10** | **11** | **Midnight** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Noon** | **1** | **2** | **3** | **4** | **5** |

**Level of fatigue during the day:** None (rested) A little (slightly tired) Tired (sleepy) Exhausted (as if I haven’t slept)