National University Hospital

NUHS National University Health System

National University Centre for Women & Children

Paste sticky label here
(For official use only)

Paediatric Sleep Laboratory @
Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

TWO-WEEK SLEEP DIARY

[To be completed before Multiple Sleep Latency Test (MSLT)]

INSTRUCTIONS:

1 Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation.

2 Put the letter "C" in the box when you have coffee, cola, or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise.

3 Put a vertical line (|) to show when you go to bed. Shade in the box that shows when you think you fell asleep.

4 Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.

5 Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

SAMPLE ENTRY BELOW:

On a Monday when I worked, I jogged during my lunch break at 1pm, had a glass of wine during dinner at 6pm, fell asleep while watching TV from 7 to 8pm, went to bed at 10.30pm, fell asleep around midnight, woke up and could not get back to sleep at about 4am, went back to sleep from 5 to 7am, and had coffee and medicine at 7am.

Date	Day of the Week	Type of Day (Work, School, Day Off, Vacation)	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	Midnight	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	Week
Sample	Mon	Work		E					A				|									C M					-
																											Week 1
																											Week 2

Adapted from the American Academy of Sleep Medicine