



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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