Sleep Log for MSLT

Print

Name: DOB: / /

Date started: / / Comments:

Day	6p	7	8	9	10	11	Midnight 12	1	2	3	4	5	6	7	8	9	10	11	Noon 12	1	2	3	4	5	Comments
1																									
2																									
3																									
4																									
5																									
6																									
7																									

	PM				MN						AM						NOON						PM	
Day	6p	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	Comments
Ex.					↓	[redacted]							↑													2 Beers before bed, Tired in am

Key: ↑=out of bed ↓= in bed Filled in=asleep

In the above example, it shows that the time in bed was 10:00 p.m. (**down arrow**), falling asleep at approximately 10:30 p.m., and awakening at 6:00 a.m. (**shaded area**), and out of bed at approximately 6:30 a.m. (**up arrow**).