

# **Frequently Asked Questions about the Sleep Diary (SD)**

## **When do I fill out my Sleep Diary (SD)?**

Twice a day, before you go to bed at night and when you wake up in the morning. In the evening you will complete the BEDTIME section, which asks you about your day (naps, etc.). Some participants have found it helpful to jot down various things about their day, during the day. Though not necessary, it is perfectly fine to keep your diary like this, if you wish. In the morning you will complete the MORNING section, which asks you about your night of sleep. It is best to complete the MORNING section as soon possible after you get out of bed for the day.

## **What if I can't always remember some of my times exactly?**

Give your best estimate. The Sleep Diary (SD) is meant to be an overall recollection of your day or your night. The times should be your best guess, not exact numbers. It is important, however, that you fill out each page completely, even if you are not sure of the exact time(s).

## **Why do you ask when I got into bed and when I tried to go to sleep?**

For some people, these times may be the same. That is, the time that they get into bed is when they try to go to sleep. Others may get into bed and then read or watch TV for awhile before attempting to go to sleep. For these people, the time they get into bed is different from the time that they try to go to sleep.

## **Sometimes I doze on the sofa when I watch TV. Is this considered a nap?**

Yes. We consider any amount of sleeping when out of bed, however brief, a nap. Any sleep during the day, even if you are in bed, is also a nap. Knowing about your naps helps us to evaluate your sleep/wake patterns better.

## **What if I fall asleep while watching TV or reading after I go to bed at night?**

Even if you weren't exactly "trying to fall asleep," enter the time you think you fell asleep in the "I actually tried to go to sleep at" section.

## **What do you mean by "this morning, I finally woke at" and "I actually got out of bed to start my day at"?**

The time that you "finally woke" is your last wake-up for the night. That is, you never returned to sleep after this time. You may, for example, wake up at 4:00 a.m. and either attempt to fall back to sleep or lie in bed until a later time. If you never actually fell asleep again, 4:00 a.m. is your "finally woke" time. If you remained in bed (without returning to sleep) until 6:00 a.m., and then got out of bed at that time, the time you "actually got out of bed" would be 6:00 a.m.

**Please keep this close to your bed!**

ID#: \_\_\_\_\_

**SD**



Please fill out this section at **BEDTIME**



Tonight is (circle one): Sun Mon Tue Wed Thu Fri Sat Date: \_\_\_\_\_

Today, I took \_\_\_\_\_ naps (if none, write 0). If I napped, my nap times were:

START	END	START	END
1. ____:____ AM PM	____:____ AM PM	2. ____:____ AM PM	____:____ AM PM

Today, I wore my actigraph (circle one): Yes No

Today, I took off my actigraph (circle one): Yes No

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Today, I went to work (circle one): Yes No

If yes, I worked for \_\_\_\_\_ hours.



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