

## Recall your sleep habits for the last 3 days

Question	Answer
What time did you get into bed?	_____ AM/PM
How long did it take you to fall asleep?	_____ minutes
How many times did you awaken during the night?	_____ times
If you woke up during the night, how long were you awake?	_____ minutes
Approximately how many hours did you sleep each night?	_____ hours
What time did you get out of bed?	_____ AM/PM
Rate the quality of each night's sleep on a 1-5 scale	_____
Note any barriers to good sleep	