



NORTHSHORE INTEGRATIVE HEALTHCARE

Phone: 847-920-4NIH (4644)

www.NorthshoreIntegrativeHealthcare.com

SLEEP DIARY

NAME	MON	TUE	WED	THUR	FRI	SAT	SUN
Time you got up	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Estimated time to fall asleep							
Number of times awake during the night & amount of time spent awake							
Estimated amount of sleep obtained							
Naps (number, time of day, and length)							
Alcohol and caffeinated drinks (number and time)							
Stresses during the day							
Exercise during the day							
Appetite or loss of during the day							
Rate how you felt today: 1 - Not very good 2 - Somewhat tired 3 - Fairly alert 4 - Wide awake							
Irritability level 0 - None 1 - Some 2 - Moderate 3 - Fairly High 4 - High							
Medications used and time taken							

Rev: 08/2013

NIH LOCATIONS

CHICAGO: 233 East Erie St., Suite 702, 60611

GLENVIEW: 2150 Pfingsten Rd., Suite 2200, 60026

NORTHBROOK: 707 Skokie Blvd, Suite 600, 60062

LINCOLNSHIRE: 185 Milwaukee Ave., Suite 230, 60069

(NOTE: Please direct all mailing to the Schaumburg address below)

SCHAUMBURG: 455 S. Roselle Road, Suite 104, 60193