

Name: _____

Hospital number: _____

	Day/Date:							Day/Date:																	
	6p	7p	8p	9p	10p	11p	Mid	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	Nn	1p	2p	3p	4p	5p	
Sleep cycle																									
M-A-N-E-C																									

HOURS
ASLEEP | IN BED

_____|_____|

	Day/Date:							Day/Date:																	
	6p	7p	8p	9p	10p	11p	Mid	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	Nn	1p	2p	3p	4p	5p	
Sleep cycle																									
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_____|_____|

Average Sleep Efficiency (Hrs Asleep/Hrs in Bed*100 = _____ %

Weekly Average

_____|_____|

1. Complete the log twice a day – at night (to record your daytime information) and in the morning (to record your nighttime information)
2. **Sleep cycle:** Use this to record information about when you are in bed, when you sleep and when you wake up. Include both nighttime sleep and daytime naps and use this key:
 - | Time you got into bed (at the start of the night) and the time you got out of bed (in the morning)
 - Shaded areas for the times you slept
 - ▨ Striped shading for light fitful sleep
3. **M-A-N-E-C:** Record M for medication, A for Alcohol, N for Nicotine, E for exercise and C for caffeine.
4. **Hours Asleep:** Record your best estimate of the total hours you think you were asleep overnight. Do not include daytime naps. Do include fitful sleep.
5. **Hours in Bed:** Record the time from when you got into bed (symbol |) until you got up to start your day in the morning (symbol |).
6. At the end of the week, calculate and record your averages. (a) Add up your Hours Asleep and divide this by the number of nights for which you have this data. (b) Do the same for Hours in Bed. (c) Calculate and record your sleep efficiency (average Hours Asleep divided by average Hours in Bed, multiplied by 100).

Example

	Day/Date: Tuesday 15 th Sep							Day: Wednesday 16 th Sep																
	6p	7p	8p	9p	10p	11p	Mid	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	Nn	1p	2p	3p	4p	5p
Sleep cycle		■						■	■	■		■	▨											
M-A-N-E-C	A				M										C					E				

HOURS	
ASLEEP	IN BED
<u>5.5</u>	<u>9</u>

On Tuesday evening Jo has a glass of wine at 6pm, she then dozes from around 6.30pm for one hour. She takes her medication at 10pm and gets into bed at 11pm. She estimates that she doesn't fall asleep until 12.30am on Wednesday and sleeps for 3 hours, before waking for 1 hour. She returns to sleep around 4.30am, wakes again around 6am. She dozes in fitful sleep from 6.30 to 7.30am. At 8am she climbs out of bed and has a caffeinated drink. She is not a smoker so does not record nicotine. Jo spent 9 hours In Bed from 11pm – 8am, but only slept (3+1.5+1) 5.5 hours.