

# SD -G1

## Sleep Diary – Grazioli v.1

Name : \_\_\_\_\_

d.o.b. : \_\_\_\_\_

Complete in the <b>EVENING</b> : today's ...			Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1.	Daytime napping	in minutes							
2.	Total number of	caffeinated drinks							
		alcohol							
		cigarettes							
3.	Time last used	caffeinated drink							
		alcohol							
		cigarettes							
4.	Excercise	in minutes							
5.	Mood	normal							
		good							
		poor							

Complete in the <b>MORNING</b> : last night's ...			Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
6.	Time of going to bed	in minutes							
7.	Time of getting up in the morning	in minutes							
8.	Total time asleep	in minutes							
9.	Total time awake	in minutes							
10.	Disturbed by	room temp.							
		noise							
		light							
		need for toilet							
		other							

For <b>doctor's</b> use :			Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
11.	Total time in bed	3 + 4							
12.	Sleep efficiency (%)	$\frac{\text{time asleep}}{\text{time in bed}} \times \frac{100}{1}$							
13.	Sleep disorder	Insomnia <input type="checkbox"/>	Sleep Disordered Breathing <input type="checkbox"/>						
		Restless Leg Syndrome <input type="checkbox"/>	Periodic Limb Movement <input type="checkbox"/>						
		REM Sleep Behaviour Disorder <input type="checkbox"/>							
14.	Co-morbidities								
15.	Medications								