14-day Sleep Journal

Name: _____

Start Date: _____

Day	Time Sleeping				Time in Bed		
	Fell asleep	**Woke up**	**Time awake in night**	**Minutes**	**Went to bed**	**Got up**	**Minutes**
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

Add time asleep per night ÷ 7

= Average time asleep

Add time in bed per night ÷ 7

= Average time in bed

Sleep efficiency = average time asleep ÷ average time in bed x 100 =