

## Sleep Diary

Please record the individual with Angelman Syndrome's pattern of sleep over one week. After you have completed the sleep diary, you may enter the information collected into the Sleep Diary section of the Angelman Syndrome Registry (see Module 8: Sleep).

The first row is completed as an example.

Day of the week	Time to bed	Time to sleep	Number of times they woke	Longest time awake during the night (in minutes)	Wake up time	Daytime naps number	Duration of daytime naps (minutes)
<i>Wednesday</i>	<i>7:30pm</i>	<i>8:15pm</i>	<i>3</i>	<i>35 minutes</i>	<i>6:00am</i>	<i>2</i>	<i>80 minutes</i>

*Thank you for completing the sleep diary!*