

SCORING THE SLEEP DIARY – EXAMPLE

Name: _____

Week of _____ to _____

	ITEMS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	At what time did you turn off the lights to go to sleep? (line 2 of the sleep diary)	11:15 p.m.	11:15 p.m.	9 :30 p.m.	11:15 p.m.	11:00 p.m.	2:00 a.m.	10:30 p.m.
2.	At what time did you get out of bed? (line 6 of the sleep diary)	6:40 a.m.	9:45 a.m.	7:00 a.m.	7:00 a.m.	7:30 a.m.	9:00 a.m.	6:45 a.m.
3.	Time spent in bed (total hours between items 1 & 2 multiplied by 60)	445 min.	630 min.	570 min.	465 min.	510 min.	420 min.	495 min.
4.	Initial insomnia (line 3 of the sleep diary)	40 min.	50 min.	40 min.	30 min.	60 min.	15 min.	45 min.
5.	Maintenance insomnia (line 6 of the sleep diary)?	10+5+45= 60 min.	240 min.	30+45= 75 min.	10+15+35 +45 =105 min.	60+45 = 105 min.	10+10+30 = 50 min.	15+20+35 = 70 min.
6.	Terminal insomnia (total minutes between lines 7 & 8 of the sleep diary)	25 min.	45 min.	120 min.	60 min.	60 min.	120 min.	45 min.
7.	Time spent awake (add items 4, 5 & 6)	40+60+25 =125 min.	50+240+45 = 335 min.	40+75+120 = 235 min.	30+105+60 = 195 min.	60+105+60 = 225 min.	15+50+120 = 185 min.	45+70+45 = 160 min.
8.	Time spent sleeping (item 3 minus item 7)	445-125 = 320 min.	630-335= 295 min.	570-235= 335 min.	465-195= 270 min.	510-225= 285 min.	420-185 = 235 min.	495-160 = 335 min.
9.	Number of hours of sleep (item 8 divided by 60)	5.3 hours	4.9 hours	5.6 hours	4.5 hours	4.8 hours	3.9 hours	5.6 hours
10.	Sleep efficiency score (item 8 divided by item 3 multiplied by 100)	$\frac{320}{445} \times 100 =$ 72%	$\frac{295}{630} \times 100 =$ 47%	$\frac{335}{570} \times 100 =$ 59%	$\frac{270}{465} \times 100 =$ 58%	$\frac{285}{510} \times 100 =$ 56%	$\frac{235}{420} \times 100 =$ 56%	$\frac{335}{495} \times 100 =$ 68%

Average sleep efficiency score for the week:

Monday (72%) + Tuesday (47%) + Wednesday (59%) + Thursday (58%) + Friday (56%) + Saturday (56%) + Sunday (68%) / 7 = 59%

Average number of hours of sleep for the week:

Monday (5.3) + Tuesday (4.9) + Wednesday (5.6) + Thursday (4.5) + Friday (4.8) + Saturday (3.9) + Sunday (5.6) / 7 = 4.9 hours
(5 = rounded figure)

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Week of _____ to _____

	ITEMS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	At what time did you turn off the lights to go to sleep? (line 2 of the sleep diary)							
2.	At what time did you get out of bed? (line 6 of the sleep diary)							
3.	Time spent in bed (total hours between items 1 & 2 multiplied by 60)							
4.	Initial insomnia (line 3 of the sleep diary)							
5.	Maintenance insomnia (line 6 of the sleep diary)							
6.	Terminal insomnia (total minutes between lines 7 & 8 of the sleep diary)							
7.	Time spent awake (add items 4, 5 & 6)							
8.	Time spent sleeping (item 3 minus item 7)							
9.	Number of hours of sleep (item 8 divided by 60)							
10.	Sleep efficiency score (item 8 divided by item 3 multiplied by 100)							

Average sleep efficiency score for the week:

Monday (%) + Tuesday (%) + Wednesday (%) + Thursday (%) + Friday (%) + Saturday (%) + Sunday (%) / 7 = %

Average number of hours of sleep for the week:

Monday (hrs.) + Tuesday (hrs.) + Wed. (hrs.) + Thursday (hrs.) + Friday (hrs.) + Saturday (hrs.) + Sunday (hrs.) / 7 = hrs.