



Colorado Springs Health Partners  
Sleep Center  
1625 Medical Center Pt., Colorado Springs, CO 80907  
Tel: 719-866-6627

# SLEEP LOG

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

PM		MIDNIGHT		AM		NOON		PM		DAY		
7	8	9	10	11	12	1	2	3	4	5	6	
												Sunday
												Monday
												Tuesday
												Wednesday
												Thursday
												Friday
												Saturday

- Lights OFF or in bed trying to sleep
- Lights ON or out of bed for the night
- Asleep (includes naps you take during the day)

Example of Completed log:

PM		MIDNIGHT		AM		NOON		PM		DAY		
7	8	9	10	11	12	1	2	3	4	5	6	
				●	—	—	—	—	○			Sunday
				●	—	—	—	—	○			Monday
				●	—	—	—	—	○			Tuesday
				●	—	—	—	—	○		—	Wednesday
				●	—	—	—	—	○			Thursday
				●	—	—	—	—	○			Friday
				●	—	—	—	—	○			Saturday