NP FADY
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14-Day Sleep Diary

Fill it in after you get up, not during the night. Estimates are fine. This diary describes a pattern; it does not diagnose anything or set a schedule.

Stop the diary, not the day. If filling this in makes you watch the clock, raises worry, or gets in the way of safety, stop and use the short version on the next page or a spoken summary instead. A fall, confusion, a seizure change, acting out a dream, a serious breathing problem, worsening thoughts of suicide, or not being able to stay alert to drive, give care, or work safely matters more than a complete row.

1. **Fill this in once, after you get up**
   Estimates are what this sheet wants. Do not reconstruct the night minute by minute, and do not check the clock in bed to make a row more accurate. A rough number written in the morning is more useful to a clinician than a precise one gathered by watching time pass.

2. **One row for each morning**
   A missed day is not a failed diary. Leave it blank and carry on; your clinician will say which days count.

Date	Out of bed	Est. total sleep	How long to fall asleep	Time awake in the night	Naps	Alcohol, caffeine, medicines	One word for the night	What most changed the night

Education, not medical advice. Evidence and U.S. guidance checked through September 8, 2026. If you are in crisis, call or text 988 or use the 988 Lifeline chat. For an immediate threat to life or a medical emergency, call 911. Outside the United States, use your local crisis or emergency service.

This worksheet accompanies the essay *Four Weeks, Step by Step: Preparing for CBT-I With a Clinician*. Clinical review: Fady Boules, PMHNP-BC.

On a hard day, three fields are enough. Use this page when the full sheet is too much. It is not a lesser record; it is the record that still gets made.

3 The three that matter most

Final wake time, an estimate of total sleep, and the single thing that most changed the night.

Date	Final wake	Est. total sleep	The one thing that changed the night	A question for my clinician

Bring this to care

4 What felt different this time?

5 Did any safety concern appear?

6 What is the one question you want answered?

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