

Recommended Bed Time:

Date of	Time to	Time to fall	Number of	Time out of bed	Amt. of	Naps	Sleen quality	Comments
awakening	bed	asleep (min.)	awakenings	for day	sleep (hours)	raps	Sleep quality (0-5)	Comments
awakening	bed	usicep (iiiii.)	awakenings	101 day	sieep (nours)		(0.5)	

Time to bed-When do you turn out the lights to go to sleep?
Time to fall asleep-How long does it seem till you are asleep after lights out?
Time out of bed-What time you get out of bed for the day?

Sleep quality rating is 0 for very bad night and up to 5 (a great night)

Paoli Center for Sleep Medicine

Name:

2 Industrial Blvd. Suite 100 Paoli, PA 19301 (484) 565-1358 • FAX: (484) 565-1312 **Lankenau Medical Center**

100 E. Lancaster Ave. Suite 108 Wynnewood PA 19096 (484) 476-3444 • FAX: (484) 476-2291 Main Line Health Center 1991 Sproul Road Suite 500 Broomall, PA 19008 (484) 476-3649 FAX•(610) 325-1399

Morning Wake Time: