builtbymeli

NAME _____

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# The Two-Week Sleep Diary

A two-week sleep diary built on the fields used in CBT-I — tracking your sleep, calculating sleep efficiency, and building the baseline for sleep restriction.

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**WHY TWO WEEKS OF TRACKING MATTERS**

The two-week sleep diary is the cornerstone of CBT-I. It provides the baseline data that makes sleep restriction possible, reveals patterns invisible from subjective experience, and builds the foundation for calculating your sleep efficiency. Fill it in each morning within 30 minutes of waking. Don't fill it in at bedtime — the morning, while the night is fresh, gives the most accurate picture. Estimate rather than check the clock: clock-watching during the night increases arousal and worsens sleep.

Before starting sleep restriction: if you snore loudly, stop breathing or gasp in your sleep, or are very sleepy during the day, talk to a doctor first — these can be signs of sleep apnea. Sleep restriction is set with your clinician, and it is not suitable for everyone (for example, people with bipolar disorder or seizure disorders).

## 1 How to Complete the Diary

**WHAT EACH FIELD MEANS**

**Bed time:** when you got into bed with intention to sleep
**Lights out:** when you stopped reading/phone and attempted to sleep
**Sleep onset:** estimated time you fell asleep (guess — do not watch the clock)
**Wake-ups:** number of times you woke after initial sleep
**Total wake time:** estimated total time awake in the night after you first fell asleep
**Final wake time:** when you woke for good (even if earlier than planned)
**Out of bed:** when you physically got out of bed
**Naps:** total time napping or dozing during the day
**Quality:** overall sleep quality (1=very poor, 5=excellent)
**Notes:** anything relevant — alcohol, medication, illness, unusual stress

**KEY CALCULATIONS**

**Total Sleep Time (TST)**
Time from lights out to final wake, minus the time it took to fall asleep (SOL) and the total wake time in the night
**Time in Bed (TIB)**
Time from getting into bed to getting out of bed
**Sleep Efficiency (SE)**
TST ÷ TIB × 100 = %
*Target: above 85%*
**Sleep Onset Latency (SOL)**
Estimated time from lights out to falling asleep

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## 2 Week 1 Sleep Diary

| FIELD | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| Bed time | | | | | | | |
| Lights out | | | | | | | |
| Sleep onset (est.) | | | | | | | |
| No. of wake-ups | | | | | | | |
| Total wake time | | | | | | | |
| Final wake time | | | | | | | |
| Out of bed | | | | | | | |
| Naps (total) | | | | | | | |
| TST (hrs) | | | | | | | |

| FIELD | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| TIB (hrs) | | | | | | | |
| SE (%) | TST÷TIB×100 | | | | | | |
| Quality (1–5) | | | | | | | |
| Notes | | | | | | | |

## 3 Week 2 Sleep Diary

| FIELD | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| Bed time | | | | | | | |
| Lights out | | | | | | | |
| Sleep onset (est.) | | | | | | | |
| No. of wake-ups | | | | | | | |

| FIELD | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| **Total wake time** | | | | | | | |
| **Final wake time** | | | | | | | |
| **Out of bed** | | | | | | | |
| **Naps (total)** | | | | | | | |
| **TST (hrs)** | | | | | | | |
| **TIB (hrs)** | | | | | | | |
| **SE (%)** | TST÷TIB×100 | | | | | | |
| **Quality (1–5)** | | | | | | | |
| **Notes** | | | | | | | |

## 4 Baseline Summary

After two weeks, calculate averages. These are the numbers that will set your sleep restriction window.

**AVERAGE TST**

Sum of all TST values ÷ 14 = __ hours

**AVERAGE TIB**

Sum of all TIB values ÷ 14 = __ hours

**AVERAGE SLEEP EFFICIENCY**

Average TST ÷ Average TIB × 100 = __%

**PATTERNS I NOTICE**

Whether some nights are consistently better or worse...
What correlates with better or worse nights...
What the data shows that differs from my subjective experience...

**BRING TO YOUR SESSION**

→ Bring the completed two-week diary to your next session — the average TST and SE will set your sleep restriction window.

→ What patterns did you notice that you weren't aware of before tracking?

→ What is your current average sleep efficiency — and how does it compare to the 85% target?