

	At what time did you go to bed last night?	About how long did it take you to fall asleep?	About how many times did you wake during the night? For how long were you awake?	Overall, about how many hours did you sleep?	At what time (for the last time) did you wake this morning?	Generally, how did you feel when you woke? -Tired -Very refreshed -Somewhat refreshed	Would you say you had a "good night's sleep" or not? Was it typical or unusual?	How much time did you spend napping today?	Have any had an impact on your sleep or level of fatigue today? -Alcohol -Medication -Coffee -Food -Exercise -Noise -Nightmares	How would you describe your overall functioning today? -Energetic -Lethargic -Somewhere in-between
Day 5										
Day 6										
Day 7										

NOTES/QUESTIONS:



Tufts Health Service
617.627.3350
ase.tufts.edu/healthservice

Counseling and Mental Health Service
617.627.3360
ase.tufts.edu/counseling

