

Medication/ Sleep Diary

[illegible]

Instructions: Write the symptoms above the columns. Write down the date and time, what medication was taken, and circle the number to rate the symptom. (Falling-time it took to go to sleep, Staying-waking up during night, Awake Early-waking too early, Waking-trouble waking up, Energy-how rested are they). 0 is no problem, 1 = a little, 2=some, 3=often, 4=very often, 5 = a huge problem.