

## DAILY SLEEP/MOOD/ENERGY LOG

### INTRUCTIONS

1. Enter your name and the start date for this sheet.
2. After you wake up for the day, fill in 15-minute sleep intervals. If awake at night for 15 minutes or more, leave box blank.  
*Use your best recollection:* you should *not* be checking the clock while you are trying to sleep. Also mark daytime naps.
3. Enter the letter "L" (for light) in each box for the time of your light therapy session (if you are using lights).
4. Enter a symbol at appropriate times for medications and melatonin ("M" for melatonin). Define symbols on the list to the right.
5. For multiple medications taken at the same time, enter a "1", "2" or "3" at appropriate times, as shown on the list to the right.
6. In the morning, when you record your sleep, enter your average mood and energy ratings for *yesterday*.
7. Enter notes to explain unusual situations (for example, "out late," "stomach ache").
8. *Women:* if you are menstruating, add a note for each day.

**IDENTIFY MEDICATIONS/DOSES TAKEN ONE OR MORE TIMES OF DAY, OR PRN ("AS NEEDED"). SPECIFY A SYMBOL FOR EACH DRUG.**

- 1 - Morning:** \_\_\_\_\_
- 2 - Midday:** \_\_\_\_\_
- 3 - Evening:** \_\_\_\_\_
- 4 - PRN:** \_\_\_\_\_

NAME: \_\_\_\_\_

**DAILY RATINGS**  
 0 - worst ever  
 5 - feeling OK, fine  
 10 - highest ever

DAY OF WEEK: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

NEXT DAY →

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
noon												midnight											

*Continue this day on the next timeline.*

Yesterday's  
mood energy

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NOTES (place at time): \_\_\_\_\_

DAY OF WEEK: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

NEXT DAY →

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
noon												midnight											

*Continue this day on the next timeline.*

Yesterday's  
mood energy

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NOTES: \_\_\_\_\_

DAY OF WEEK: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

NEXT DAY →

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
noon												midnight											

*Continue this day on the next timeline.*

Yesterday's  
mood energy

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NOTES: \_\_\_\_\_

DAY OF WEEK: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

NEXT DAY →

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
noon												midnight											

*Continue this day on the next timeline.*

Yesterday's  
mood energy

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NOTES: \_\_\_\_\_

DAY OF WEEK: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

NEXT DAY →

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
noon												midnight											

*Continue this day on the next timeline.*

Yesterday's  
mood energy

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NOTES: \_\_\_\_\_

DAY OF WEEK: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

NEXT DAY →

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
noon												midnight											

*Continue this day on the next timeline.*

Yesterday's  
mood energy

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NOTES: \_\_\_\_\_

DAY OF WEEK: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

NEXT DAY →

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
noon												midnight											

*Continue this day on the next page.*

Yesterday's  
mood energy

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NOTES: \_\_\_\_\_