

Current treatment: _____

Period fromto..... Comments _____ Note _____

Ex.	7(p.m.)	8	9	10	11	12	1(a.m.)	2	3	4	5	6	7	8	9	10	11	12	1(p.m.)	2	3	4	5	6	7		
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Instructions:

- Please indicate **bedtime** with a vertical downward arrow: «↓» and **rise** with an upward arrow: «↑»
- Then hatch the periods of the night when you think you have **slept** : « / / / / / / / / / / » and leave **empty** the moments **without sleep**.
 Nb: 1°) Periods of **doze** or uncertainty shall be reported with **dotted lines**: « »
 2°) Lights off and brief interruptions of sleep shall be shown with vertical bars « | »
 3°) Induced awakening must be distinguished from spontaneous waking up with a « foot » under the bar « | »
- Please use a code for remarkable events of the day or the night:

- Yawning (sleepiness): « !!! »	- Tiredness (suddenly growing weary): « Δ »	- Feeling sick (pain, anxiety): a dot « ● »
- Unusual medication: « * »	- Dreams (nightmares): « O »	- You can imagine other codes : Meals, Sport...
- Please use the «**Comments**» zone to clarify an event and give the passed day a «**satisfaction mark**» in the right column,