# 14 Day Sleep Diary

*Provided by the Massachusetts General Hospital Sleep Center*

*Goals for Sleep:*

| Date | Bed Time | Latency | Awakenings | Total Sleep Duration | Wake Time | Comments (activities, medications, exercise, caffeine, alcohol) |
|---|---|---|---|---|---|---|
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |
| / / | : | | | | : | |