

How to fill out Sleep Log summary:

1. The week column has numbers 1 to 7, so there are 7 rows to fill out, each for one week. Each row is a summary of the week, so you can fill out a row after you have a week of information. (Ignore the words 'Pretreatment' in the first column)
2. The most important parts to fill in each week are the Hours Asleep, Hours in Bed, and Sleep Efficiency. Each of these is an average for the week.
3. For the Hours Asleep box, you need to look at each day in the sleep diary, and write down the total amount of sleep. You can figure that out by seeing the total time between the time you fell asleep, and when you woke in the morning, and subtracting any time you were up during the night. In other words, Hours Asleep just means the total # of hours and minutes you were actually sleeping. When you have that # for each day of the week, add up all 7 numbers, and then divide by 7 (you might need a calculator to do this; all cellphones typically have a calculator app built in). It is easier if you write the Hours asleep for each day in minutes (eg. if slept 6 hrs, write 300 minutes), then add it up for 7 days and divide by 7.
4. Do the same calculation for Hours in Bed. For each day, write down the total time you spent in bed, then add up these numbers for all 7 days, then divide by 7.
5. Sleep Efficiency is easier to figure out: just divide hours asleep by hours in bed, then multiply by 100, to give a percent. This # is the % of time in bed that you are actually sleeping. For example if your average of Hours in Bed for the week is 8 hours, but you only slept 4 hours in the average night, your sleep efficiency would be 50% (you only slept half the time in bed). If you average 10 hours in bed, and you get an average of 6 hours sleep, the sleep efficiency would be 60%.
7. SOL means Sleep Onset Latency; this is just a term for how long it took to fall asleep (it refers to a delay in the onset of sleep). Again, you need to calculate the average for the week by adding up the 7 days (how long it took to fall asleep each day), then divide by 7.
8. WASO means "Wake After Sleep Onset". This refers to how much time you were awake in the middle of the night, between when you fell asleep, and when you got up in the morning. For example, if you woke 3 times in the night and each time you were up for 15 minutes, that would mean 45 minutes of WASO that night. This number is already in row 5 of the Sleep Diary. So, you just have to add up the 7 numbers in row 5, and divide by 7.
9. The Awakenings column is just the average # of times you are up each night. This is just the average of the number in row 5.
10. The final column is labeled 'Fatigue' but you don't need to fill out this column.

Sorry there is so much math involved here !!

If you have any questions or confusion as you fill out the form, please email me.