

## WORKSHEET 5.3: Sleep Log Summary (Expanded)

|                |      |            | Average      |              |                  |           |            |            |         |
|----------------|------|------------|--------------|--------------|------------------|-----------|------------|------------|---------|
| Treatment(s)   | Week | Start Date | Hours Asleep | Hours in Bed | Sleep Efficiency | SOL (min) | WASO (min) | Awakenings | Fatigue |
| (Pretreatment) | 1    |            |              |              |                  |           |            |            |         |
| (Pretreatment) | 2    |            |              |              |                  |           |            |            |         |
|                | 3    |            |              |              |                  |           |            |            |         |
|                | 4    |            |              |              |                  |           |            |            |         |
|                | 5    |            |              |              |                  |           |            |            |         |
|                | 6    |            |              |              |                  |           |            |            |         |
|                | 7    |            |              |              |                  |           |            |            |         |