



**Thoracic & Sleep
Disorders Physician**



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Sleep Diary

A sleep diary is an important part of investigating the nature of your sleep disorder. The diary is designed to record 2 weeks of your sleep and working activities.

- Write down the date, day of the week and type of day eg. Work, Day Off, Holiday.
- Put the letter "C" in the box when you have caffeine eg. Coffee, tea, cola or chocolate.
- Put "M" when you take any medicine.
- Put "A" when you consume any alcohol.
- Put "E" when you exercise.
- Put a "/" when you go to bed.
- Shade the box when you think you fell asleep, including naps in the day.
- Leave the boxes unshaded if you wake in the night and when you are awake in the day.

If you have further information which you feel may be relevant to your sleep pattern, please include this. The sort of information you may want to include could be things such as "I woke up choking", "I was told I snored all night", "I woke with a headache", or "the kids kept me awake". Make a note of how you feel you slept eg. "slept like a log", or "slept lightly". The assistance of a sleeping partner can be valuable in these areas.

Remember, the diary is a useful guide, yet you should not be overly concerned if you are unsure of all the details.

Bring your diary with you to your next appointment.

If you require and further information please do not hesitate to contact our office on (07) 3719 5577.