**Sleep and Activity Diary**

**This diary is for you to complete details about your sleep and daily activities.**

You have been given this booklet which contains diary pages for you to complete details about your sleep and activities each day for 2 weeks. The researcher will complete the day before with you as an example, and answer any questions that you may have.

Each day is numbered in the diary, but please also include the date and the day of the week. Please then complete questions 1-5.

On the page following questions 1-5 there are ‘time grids’ in which we would like you to record the following;

* Any activities you were doing
* Any food or drinks that you may have had
* Who you were with
* Whether you were indoors or outdoors.

All activities that people might do are important; however uninteresting or routine you may feel the activity is, please write it in.

If you have any queries, please feel free to telephone Sue Venn on 01483 683966 or email at [S.Venn@surrey.ac.uk](mailto:S.Venn@surrey.ac.uk) or the Chief Investigator, Professor Sara Arber on 01483 686973, email [s.arber@surrey.ac.uk](mailto:s.arber@surrey.ac.uk).

1. Please complete this **AFTER** each night’s sleep.

|  |  |
| --- | --- |
| **What time did you go to bed?** |  |
| **At what time did you try to start sleeping?** |  |
| **How long did it take you to fall asleep? (in minutes)** |  |
| **How many times did you wake up during the night?** |  |
| **What time did you wake up?** |  |
| **What time did you get up?** |  |

**2. How would you rate your quality of sleep last night *(please circle one number)*?**

**1 2 3 4 5 6 7 8 9**

**Best sleep ever Worst sleep ever**

**3. How sleepy did you feel when you woke up? *(please circle one number)***

**1 Very Alert**

**2 Alert (normal level)**

**3 Neither alert nor sleepy**

**4 Sleepy, but no effort to keep awake**

**5 Very sleepy, great effort to keep awake**

**4. This question relates to any naps you may have taken today. Please complete as appropriate.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **NAP 1** | **NAP 2** | **NAP 3** |
| What time did the nap start? |  |  |  |
| What time did the nap end? |  |  |  |
| How long was the nap? (mins) |  |  |  |

**5. Please indicate if you took any medications today in addition to those you normally take:**

**………………………………………………………………………………………………**

**………………………………………………………………………………………………**

**DAILY ACTIVITIES**

**Please complete all columns in this diary to show us what you were doing and whether you were indoors or outdoors. All activities that people might do are important, however uninteresting or routine you may feel the activity is. Please write all activities, as well as any food or drinks that you may have during the day or night.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time | Please record all activities, even if they only lasted for a few minutes | Who were you with? | What did you eat or drink? (eg cup of tea, sandwich) | Were you indoors or outdoors? (please tick) | |
| In | Out |
| 5.00-5:30am |  |  |  |  |  |
| 5.30-6.00am |  |  |  |  |  |
| 6.00-6:30am |  |  |  |  |  |
| 6.30-7.00am |  |  |  |  |  |
| 7:00-7:30am |  |  |  |  |  |
| 7:30-8:00am |  |  |  |  |  |
| 8.00-8.30am |  |  |  |  |  |
| 8.30-9.00am |  |  |  |  |  |
| 9.00-9.30am |  |  |  |  |  |
| 9.30-10.00am |  |  |  |  |  |
| 10.00-10.30am |  |  |  |  |  |
| 10.30-11.00am |  |  |  |  |  |
| 11.00-11.30am |  |  |  |  |  |
| 11.30-12noon |  |  |  |  |  |
| 12-12.30pm |  |  |  |  |  |
| 12.30-1.00pm |  |  |  |  |  |
| 1.00-1.30pm |  |  |  |  |  |
| 1.30-2.00pm |  |  |  |  |  |
| 2.00-2.30pm |  |  |  |  |  |
| 2.30-3.00pm |  |  |  |  |  |
| 3.00-3.30pm |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time | Please record all activities, even if they only lasted for a few minutes | Who were you with? | What did you eat or drink? | Were you indoors or outdoors? | |
| In | Out |
| 3.30-4.00pm |  |  |  |  |  |
| 4.00– 4.30pm |  |  |  |  |  |
| 4.30 – 5.00pm |  |  |  |  |  |
| 5:00-5:30pm |  |  |  |  |  |
| 5:30-6.00pm |  |  |  |  |  |
| 6.00-6.30pm |  |  |  |  |  |
| 6.30-7.00pm |  |  |  |  |  |
| 7.00-7.30pm |  |  |  |  |  |
| 7.30-8.00pm |  |  |  |  |  |
| 8.00-8.30pm |  |  |  |  |  |
| 8.30-9.00pm |  |  |  |  |  |
| 9.00-9.30pm |  |  |  |  |  |
| 9.30-10.00pm |  |  |  |  |  |
| 10.00-10.30pm |  |  |  |  |  |
| 10.30-11.00pm |  |  |  |  |  |
| 11.00-11.30pm |  |  |  |  |  |
| 11.30pm-12.00 |  |  |  |  |  |
| 12.00-12.30am |  |  |  |  |  |
| 12:30-1:00am |  |  |  |  |  |
| 1:00-1:30am |  |  |  |  |  |
| 1.30-2.00am |  |  |  |  |  |
| 2.00-2.30am |  |  |  |  |  |
| 2:30-3:00am |  |  |  |  |  |
| 3:00-3:30am |  |  |  |  |  |
| 3:30-4:00am |  |  |  |  |  |
| 4:00-4:30am |  |  |  |  |  |
| 4:30-5:00am |  |  |  |  |  |

Thank you for completing this diary today

1. Please complete this **AFTER** each night’s sleep.

|  |  |
| --- | --- |
| **What time did you go to bed?** |  |
| **At what time did you try to start sleeping?** |  |
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| **How many times did you wake up during the night?** |  |
| **What time did you wake up?** |  |
| **What time did you get up?** |  |

**2. How would you rate your quality of sleep last night *(please circle one number)*)?**

**1 2 3 4 5 6 7 8 9**

**Best sleep ever Worst sleep ever**

**3. How sleepy did you feel when you woke up? *(please circle one number)***

**1 Very Alert**

**2 Alert (normal level)**

**3 Neither alert nor sleepy**

**4 Sleepy, but no effort to keep awake**

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**4. This section relates to any naps you may have taken today. Please complete as appropriate.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **NAP 1** | **NAP 2** | **NAP 3** |
| What time did the nap start? |  |  |  |
| What time did the nap end? |  |  |  |
| How long was the nap? (mins) |  |  |  |

**5. Please indicate if you took any medications today in addition to those you normally take:**

**………………………………………………………………………………………………**

**………………………………………………………………………………………………**

**DAILY ACTIVITIES**

**Please complete all columns in this diary to show us what you were doing and whether you were indoors or outdoors. All activities that people might do are important, however uninteresting or routine you may feel the activity is. Please write all activities, as well as any food or drinks that you may have during the day or night.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time | What were your main activities?  (Please record all activities, even if they only lasted for a few minutes) | Who were you with? | What did you eat or drink? (eg cup of tea, sandwich) | Were you in or outdoors? (please tick) | |
| In | Out |
| 5.00-5:30am |  |  |  |  |  |
| 5.30-6.00am |  |  |  |  |  |
| 6.00-6:30am |  |  |  |  |  |
| 6.30-7.00am |  |  |  |  |  |
| 7:00-7:30am |  |  |  |  |  |
| 7:30-8:00am |  |  |  |  |  |
| 8.00-8.30am |  |  |  |  |  |
| 8.30-9.00am |  |  |  |  |  |
| 9.00-9.30am |  |  |  |  |  |
| 9.30-10.00am |  |  |  |  |  |
| 10.00-10.30am |  |  |  |  |  |
| 10.30-11.00am |  |  |  |  |  |
| 11.00-11.30am |  |  |  |  |  |
| 11.30-12noon |  |  |  |  |  |
| 12-12.30pm |  |  |  |  |  |
| 12.30-1.00pm |  |  |  |  |  |
| 1.00-1.30pm |  |  |  |  |  |
| 1.30-2.00pm |  |  |  |  |  |
| 2.00-2.30pm |  |  |  |  |  |
| 2.30-3.00pm |  |  |  |  |  |
| 3.00-3.30pm |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time | What were your main activities? | Who were you with? | What did you eat or drink? | Were you in or outdoors? | |
| In | Out |
| 3.30-4.00pm |  |  |  |  |  |
| 4.00– 4.30pm |  |  |  |  |  |
| 4.30 – 5.00pm |  |  |  |  |  |
| 5:00-5:30pm |  |  |  |  |  |
| 5:30-6.00pm |  |  |  |  |  |
| 6.00-6.30pm |  |  |  |  |  |
| 6.30-7.00pm |  |  |  |  |  |
| 7.00-7.30pm |  |  |  |  |  |
| 7.30-8.00pm |  |  |  |  |  |
| 8.00-8.30pm |  |  |  |  |  |
| 8.30-9.00pm |  |  |  |  |  |
| 9.00-9.30pm |  |  |  |  |  |
| 9.30-10.00pm |  |  |  |  |  |
| 10.00-10.30pm |  |  |  |  |  |
| 10.30-11.00pm |  |  |  |  |  |
| 11.00-11.30pm |  |  |  |  |  |
| 11.30pm-12.00 |  |  |  |  |  |
| 12.00-12.30am |  |  |  |  |  |
| 12:30-1:00am |  |  |  |  |  |
| 1:00-1:30am |  |  |  |  |  |
| 1.30-2.00am |  |  |  |  |  |
| 2.00-2.30am |  |  |  |  |  |
| 2:30-3:00am |  |  |  |  |  |
| 3:00-3:30am |  |  |  |  |  |
| 3:30-4:00am |  |  |  |  |  |
| 4:00-4:30am |  |  |  |  |  |
| 4:30-5:00am |  |  |  |  |  |

Thank you for completing this diary today

*Day number 3 and so on*