

Vitality Chiropractic Wellness Inc.  
 10900 Los Alamitos Blvd #141  
 Los Alamitos, CA 90720  
 (562) 598-9801

## SLEEP DIARY

**Name** \_\_\_\_\_

**Complete in AM**

Date	
Bed Time (of previous night)	
Rise Time	
Estimated time to fall asleep (previous night)	
Estimated amount of sleep obtained (during previous night)	
Naps (Time and duration)	
Alcoholic Drinks (Number & time)	
List physical or mental stresses today	
Rate how you felt today 1- Very tired/sleepy 2- Somewhat tired/sleepy 3- Fairly alert 4- Wide awake	
Irritability 1=Not at all / 5=very	
Medications	

**Complete in AM**