Sleep diary, with pain

Week starting _____

Fill in one column each morning, for the night before. Your best guess for the times is enough: there is no need to watch the clock. Pain from 0 to 10, in tenths when that is truer. Leave a missed night blank. The sleep questions follow the Consensus Sleep Diary (Carney and colleagues, 2012); the pain rows, and the rows for anything taken and for naps, are added.

The night before	**Night 1** date	**Night 2** date	**Night 3** date	**Night 4** date	**Night 5** date	**Night 6** date	**Night 7** date
Time I got into bed							
Time I tried to go to sleep							
How long it took to fall asleep, in minutes							
Times I woke, not counting the last							
How long those wakings lasted in all, in minutes							
Time I woke for the last time							
Time I got out of bed							
How well I slept: very poor, poor, fair, good, very good							
Pain at bedtime, 0 to 10							
Times pain woke me							
Pain on getting up, 0 to 10							
Anything taken to sleep or for pain, and when							
Naps the day before, and notes							

It gives no diagnosis or treatment advice.