

EPTI

Sleep Questionnaire



1. On weekdays (workdays), I usually go to bed at:
2. On weekdays (workdays), the earliest time in the last two weeks I have gone to bed is:
3. On weekdays (workdays), the latest time in the last two weeks I have gone to bed is:
4. My usual weekend (non-workdays) bedtime is:
5. On weekdays, I wake up at:
6. On weekends, I wake up at:
7. To feel my best, I should go to bed at:
8. To feel my best, I should get up at:
9. In the evening, I usually start feeling tired at:
10. The amount of time that I usually take to fall asleep is:
11. I usually exercise at ____ am/pm for ____ minutes
12. I wake up naturally/ by alarm clock

EPTI Sleep Diary



Day of week	Mon	Tues	Weds	Thur	Fri	Sat	Sun
Time went to bed							
Time of final awakening							
Estimated time to fall asleep							
Time of awakening during sleep & length of time awake							
Tea / coffee number & time drank							
Alcoholic drinks number & time drank							