

Activity/Events ideas to track: work, school, stress level, family care tasks, physical labor, exercise, nutrition, menstruation, social activity, anxiety/depression, joyful/fulfilling experiences

Symptom ideas to track: sleep inertia, waking refreshed/unrefreshed, sleepy/awake times, brain fog, fatigue, cataplexy, hallucinations/nightmares, disrupted/undisrupted sleep, headaches, sleep attacks

Date	Time asleep	Time awake	Hr/min asleep	Morning	Afternoon	Evening	Notes
/	:	:	h m	Naps:	Naps:	Naps:	
Meds:				Meds:	Meds:	Meds:	
Comments on night sleep:				Activity/Events:	Activity/Events:	Activity/Events:	
				Symptoms:	Symptoms:	Symptoms:	

Date	Time asleep	Time awake	Hr/min asleep	Morning	Afternoon	Evening	Notes
/	:	:	h m	Naps:	Naps:	Naps:	
Meds:				Meds:	Meds:	Meds:	
Comments on night sleep:				Activity/Events:	Activity/Events:	Activity/Events:	
				Symptoms:	Symptoms:	Symptoms:	

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				Symptoms:	Symptoms:	Symptoms:	