

Use this diary to help you have discussions with your doctor. Fill it out for seven consecutive days and be sure to bring it with you to your appointment.

Day # _____

1. What time did you go to bed in the evening? _____

2. What time did you wake up in the morning? _____

3. How long did it take to fall asleep?

0 mins–5 mins 15 mins 15mins–30 mins 30 mins–1 hr >1 hr

4. How many times did you wake up during the night?

0 1 2 3 4 More _____

5. Did you wake up earlier than you would have liked to? Yes No

6. Did you take a daytime nap? Yes No

7. What reasons, if any, may have caused your sleep problems today?

If you have questions, call an MS LifeLines Nurse, toll-free, at **1-877-447-3243**, Monday through Friday, 8 AM to 10 PM ET and Saturday and Sunday, 9 AM to 5 PM ET, or visit mslifelines.com.