

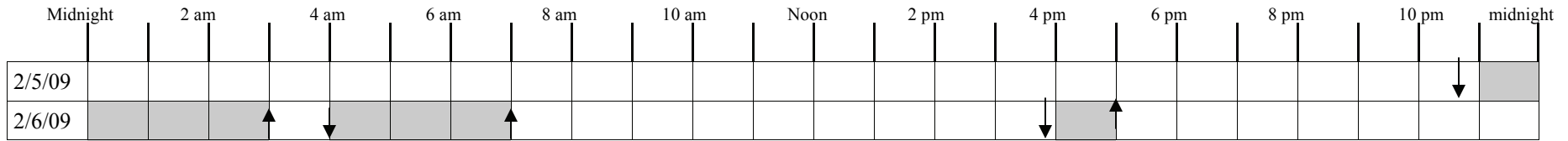
# Nor-Lea Hospital District

Jeffrey P Nelson, M.D.  
Professional Physicians Clinic  
1600 North Main  
Lovington, New Mexico 88260  
(575) 396-6611 EXT 1251 Fax (575) 396-3729

Board Certified Neurologist  
UCNS Headache Medicine  
ABEM Electrodiagnostic Medicine

**Instructions:** Mark your bedtime with an arrow pointing down. Shade in the times you are asleep, including naps. Shade in 1/2 of a box to represent 1/2 hour, 1/4 box to represent 1/4 hour, etc... Mark the time you get up with an up arrow

**Example Below:** On February 5th the patient went to bed at 10:45 pm, fell asleep at 11:00 pm, and woke up again at 3 am (now on the morning of the 6th). The patient fell back asleep at 4 am and woke up for the day at 7 am. The patient took a nap between 4 and 5 pm.



	Midnight	2 am	4 am	6 am	8 am	10 am	Noon	2 pm	4 pm	6 pm	8 pm	10 pm	midnight
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													
/ /													

Sleep Log

Name \_\_\_\_\_