



SLEEP HYGIENE ASSESSMENT LOG

From (date): _____ to: _____

The purpose of this log is to assess the person's night time behaviour and sleep patterns for 7 days. Use the "Keys" at the side to document the person's activity and care given during your shift.

DELIRIUM DVD 2006

DATE	TIME	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6		
	ASLEEP																									KEY: RES. ACTIVITY	
	AWAKE																										Awake in bed 1
	ACTIVITY																										Going to bathroom 2
	CARE																										Up in room 3
	ASLEEP																									Up in Lounge 4 Up in Hall 5 List other Activities: _____ 6 _____ 7	
	AWAKE																										
	ACTIVITY																										
	CARE																										
	ASLEEP																									_____ 8 _____ 9	
	AWAKE																										
	ACTIVITY																										
	CARE																										
	ASLEEP																									KEY: CARE GIVEN	
	AWAKE																										Re -orientated 0
	ACTIVITY																										Sedation S
	CARE																										Fluids/ food offered F Toilet/ chge. brief T Re-positioning R Pain Medication P
	ASLEEP																									Other Care Given: _____ _____	
	AWAKE																										
	ACTIVITY																										
	CARE																										
	ASLEEP																										
	AWAKE																										
	ACTIVITY																										
	CARE																										
	ASLEEP																										
	AWAKE																										
	ACTIVITY																										
	CARE																										

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