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Epworth Sleepiness Scale How Likely Are You To Doze Off Or Fall Asleep In The Jan

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Diary COMPLETE IN MORNING COMPLETE AT END OF DAY I Went To Bed Last Night

At: I Got Out Of Bed This Morning At: Last Night, I Fell Asleep In: I Woke Up During

The Night: (Record Number Of Times) When I Woke Up For The Day, I Felt: (Check

One) Last Night I Slept A Total Of: (Record Number Of Hours) My Sleep Was ...File

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Sleep Medication Tlme, Amount, Type Alcohol Tlme, Amount, Type DAY Of The

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Log To Record Your Sleep-wake Pattern. It Aims To Measure The Pattern And Quali

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Hours Took A Nap? Yes Yes My Sleep Was Disturbed By: List Mental Or Physical Factors Including Noise, Lights, Pets, Allergies, Temperature, Discomfort, S Feb 7th, 2024 Sleep Diary - Sleep Without Medication Sleep Diary NAME: Treatment Week #: Example Day/Date: Mon 12/14 Work/Vacation/Off/School Sch Mar 11th, 2024 Sleep Diary For - SLEEP WITH DISABILITY Sleep Ability Two-Week Sleep Diary For _____ Page 2 Day/Date Time Woke/woken Time Got Up What Did He/she Do In Between Waking And Getting Up? Time And Length Of All Daytime Naps. What Did He/she Do In The ... During The Night. Ple May 8th, 2024.
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