Today's date | 04/01/17
---|---
1. What time did you get into bed? | 11:15 p.m.
2. What time did you try to go to sleep? | 11:30 p.m.
3. How long did it take you to fall asleep? | 55 min.
4. How many times did you wake up, not counting your final awakening? | 3 times
5. In total, how long did these awakenings last? | 1 hour 10 min.
6. What time was your final awakening? | 6:35 a.m.
7. What time did you get out of bed? | 7:20 a.m.
8. How would you rate the quality of your sleep? | Very poor
9. Comments (if applicable) | I have a cold