# 睡眠・覚醒と行動の記録票(Sleep-wake log)

年　　月　　氏名

午前　　午後

| | 0 | 2 | 4 | 6 | 8 | 10 | 12 | 2 | 4 | 6 | 8 | 10 | 0 | 1日の行動・活動内容 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 (　) | | | | | | | | | | | | | | |
| 2 (　) | | | | | | | | | | | | | | |
| 3 (　) | | | | | | | | | | | | | | |
| 4 (　) | | | | | | | | | | | | | | |
| 5 (　) | | | | | | | | | | | | | | |
| 6 (　) | | | | | | | | | | | | | | |
| 7 (　) | | | | | | | | | | | | | | |
| 8 (　) | | | | | | | | | | | | | | |
| 9 (　) | | | | | | | | | | | | | | |
| 10 (　) | | | | | | | | | | | | | | |
| 11 (　) | | | | | | | | | | | | | | |
| 12 (　) | | | | | | | | | | | | | | |
| 13 (　) | | | | | | | | | | | | | | |
| 14 (　) | | | | | | | | | | | | | | |
| 15 (　) | | | | | | | | | | | | | | |
| 16 (　) | | | | | | | | | | | | | | |
| 17 (　) | | | | | | | | | | | | | | |
| 18 (　) | | | | | | | | | | | | | | |
| 19 (　) | | | | | | | | | | | | | | |
| 20 (　) | | | | | | | | | | | | | | |
| 21 (　) | | | | | | | | | | | | | | |
| 22 (　) | | | | | | | | | | | | | | |
| 23 (　) | | | | | | | | | | | | | | |
| 24 (　) | | | | | | | | | | | | | | |
| 25 (　) | | | | | | | | | | | | | | |
| 26 (　) | | | | | | | | | | | | | | |
| 27 (　) | | | | | | | | | | | | | | |
| 28 (　) | | | | | | | | | | | | | | |
| 29 (　) | | | | | | | | | | | | | | |
| 30 (　) | | | | | | | | | | | | | | |
| 31 (　) | | | | | | | | | | | | | | |

■ ぐっすり眠った　　▒ うとうとしていた　　□ 眠らずに床についていた　　□ 起きていて床についていない状態

↑ 眠気が強いとき

▲ 睡眠薬や寝つきをよくする薬、目覚めを保つお薬をのんだ

1日の行動・活動内容:日常生活で特に違うことをしたときに書いてください
例:　ゴルフに行った
　　子供の運動会を見にいった
　　出張で東京へ行った

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