

How to Fill out Sleep Diaries FAQ

- Fill these out daily & send back the day before your next appointment
- Scan or take a photo of all your completed diaries and send as an attachment via email to **sleepgroup101@ccf.org**
 - If you return them the day before your visit, we can analyze them and give you feedback at your visit

Some tips for your diaries:

- Don't watch the clock
- Don't fill out in the middle of the night
- Fill out first thing in the morning (you'll have difficulty remembering as the day goes on)
- Don't worry about the "accuracy" of the diary - this is your PERCEPTION. There's no right or wrong!