CS 1173 Sleep Diary Name: _____

This sleep diary is an IMPORTANT homework assignment. Your data will be anonymized and combined with that of the other students taking CS 1173 this semester. You will need your data for the project, for lab 4 and for other assignments. You should try to make an entry every day. All times should be of the form **xx:yy** where **xx** is the hour in 24 hour format (0 to 23) and **yy** is the number of minutes after the hour (0 to 59). Make your best estimate of how long it took to fall asleep each night, but don't lie awake watching the clock so that you get an exact time. Daytime caffeine is consumed before 18:00 hours of the evening of sleep.

Wake-up Date	Bed-time (24-hour time)	Minutes to fall asleep	Wake-up time (24 -hour time)	Alarm? (1 = Yes, 0 = No)	Day caffeine? (1 = Yes, 0 = No)	Night caffeine? (1 = Yes, 0 = No)	Minutes of day napping	# times awakened during night
2/8/2012								
2/9/2012								
2/10/2012								
2/11/2012								
2/12/2012								
2/13/2012								
2/14/2012								
2/15/2012								
2/16/2012								
2/17/2012								
2/18/2012								
2/19/2012								
2/20/2012								
2/21/2012								
2/22/2012								
2/23/2012								
2/24/2012								
2/25/2012								
2/26/2012								
2/27/2012								
2/28/2012								