

# **Daily Diary for fatigue** **experiment**

**SV Dar Młodzieży 2020**

Name of student: .....

Group: .....

**21st March**

Time you woke up:

How long did it take you to fall asleep last night?

How many times did you wake up during the night?

If you can recollect, please indicate why you woke up?

How tired do you feel from 1=very tired to 5=fully awake

1

2

3

4

5

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Today's consumption	Number of uses	Time of last use
coffee		
tea		
Soda with caffeine		
cigarette		

Did you take a nap today? If so, how long was it?

Yes      No

If your last watch or standby was 0000 or 0400 please indicate how long it took you before being in bed?

How much time before sleeping did you stop looking at screens?

Did you manage to follow your sleep ritual? If not, why?

Yes      No

Time and date you went to sleep: