

Monitoring Chart: Sleep (24-hour sleep record)

WHEN TO USE THIS CHART:

- ▶ If someone is having difficulty with sleep (see common reasons).
- ▶ If you want to know how well a sleep medication is working.

COMMON OR POSSIBLE SLEEP-RELATED PROBLEMS:

- ▶ Trouble falling asleep
- ▶ Trouble waking up in the morning
- ▶ Falls asleep during the day
- ▶ Trouble staying asleep
- ▶ Wakes up early
- ▶ Up frequently during night
- ▶ Restless sleep
- ▶ Snores loudly
- ▶ Sweating a lot at night
- ▶ Up frequently to bathroom
- ▶ Other: _____

WHAT SHOULD YOU DO WITH THIS CHART?

- ▶ Bring this chart with you to the primary care clinician.
- ▶ Please also bring information on medications (especially PRN, or ‘as needed’ medication) with dates and times for when the medication was administered (if it is recorded somewhere else).

This document complements “Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines”, published in Canadian Family Physician, Volume 64(4): April 2018, p254-279.

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Patient Name		Date of Birth
First	Last	

MONTH: _____ **YEAR:** _____

	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	
AM	Midnight																															
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INSTRUCTIONS:

- ▶ Mark an **X** when person is sleeping, day or night.
- ▶ Add an asterisk (*) when sleep medication is given.
- ▶ Add details about the sleep issue on page 3.

Sleep Monitoring Chart: 24-hour Observations

DATE	NOTES
Example March 24	4am - Up and pacing; accompanied to bathroom and back to bed.