

Activity/Events ideas to track: work, school, stress level, family care tasks, physical labor, exercise, nutrition, menstruation, social activity, anxiety/depression, happy/fulfilling experiences							
Symptom ideas to track: sleep inertia, waking refreshed/unrefreshed, sleepy/awake times, brain fog, fatigue, cataplexy, hallucinations/nightmares, disrupted/undisrupted sleep, headaches, sleep attacks							
Date	Time asleep	Time awake	Hr/min asleep	Morning	Afternoon	Evening	Notes
11/1	10:30	7:15	8h 45m	Naps: Meds: Activity/Events: Skipped gym because major project due tomorrow at work. On computer all morning. Symptoms: Woke up ok, (normal grogginess), but found it very hard to stay awake and alert all morning. Watching the clock waiting for nap.	Naps: 1pm, 1h Meds: Activity/Events: Took cat to vet after nap. No time to make dinner so got takeout chinese. Symptoms: Groggy after nap but couldn't relax b/c vet appointment. Woke up with a slight headache which got worse all afternoon.	Naps: Meds: Activity/Events: Worked for 2 hours after dinner on project, then called mom Symptoms: Headache much better after dinner. My energy level was best after dinner too.	Was I extra sleepy this morning because of being awake in the middle of the night or because I had to skip gym? Headache seemed to be due to low blood sugar.
11/2	10:15	6:15	8h 0m	Naps: Meds: 10p, 4.5g Xywav Activity/Events: Had to go to office today, no nap possible. Ted missed bus, I had to drop him off at school, but made it to work on time. Symptoms: Woke up to 6:15 alarm in kind of a panic, worried about work project. I'm tired but have a kind of panicky energy.	Naps: Meds: coffee Activity/Events: Work presentation went ok. One co-worker upset but I think I handled it. Symptoms: Got very sleepy on drive home after adrenaline and modafinil wore off. Pinched my legs to stay awake.	Naps: Meds: Activity/Events: Ted frustrated with homework and I tried to help, didn't work. Symptoms: Could barely keep my eyes open after dinner. Brain not working. Went to bed when Ted did.	It's getting more difficult to go to the office for a full day of work. I can usually get through the office day but it absolutely ruins my evening. Also, what can I do to wake up for 2nd dose of Xywav?
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