

January 1st

"To get up when you are down, to fight more intensely when you are struggling; to put in the extra effort when you are in sheer pain, to come back when nobody expects you to, and to stand tall when every one is pulling you down are what makes a champion."

~ Apoorve Dubey

WAKE UP: _____ (am/pm) **SLEEP TIME:** _____

Sleep Quality: worst ever 1 2 3 4 5 6 7 8 9 10 best ever

Sleep Disturbance	Hypnagogic Hallucination	Sleep Paralysis	Vivid Dreaming	
Number of Occurrences:				

NOTES (sleep quality?): _____

Medications/ Vitamins (AM)	Dose

Morning Mods or Exercise: _____

Breakfast: _____

Carb (g): _____

Events and Notes (before lunch): _____

Naps: _____

Cataplexy Attacks: _____

Lunch: _____

Carbs (g): _____

Afternoon Mods or Exercise: _____

Medications/ Vitamins (noon)	Dose

Events and Notes (after lunch): _____

Naps: _____

Cat. Attacks: _____

Dinner: _____

Carb (g): _____

Events and Notes (post dinner): _____

Evening Mods or Exercise: _____

Medications/ Vitamins (PM)	Dose

DAILY EPWORTH SCORE:

BED TIME: _____ (AM/PM)

GLUTEN: Y / N
 ALCOHOL: Y / N
 CARBS (g):