

Follow-up Sleep Intake

Wednesday, December 2, 2020 9:13 PM



Follow-up
Sleep Intak...

Follow-up Sleep Intake and Prescription

Full Name: M Jones Social Security: 1234

Age: 23 Sex: M Rank: PFC MOS: 254

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Approximately how much sleep on average do you get daily (add all sleep and naps): 6 hours

Approximately how much total time do you spend in bed (both asleep and awake time): 7 hours

My current average daily wake-up time is: 0530 O'Clock

My current EARLIEST bedtime is: 2230 O'Clock

How satisfied are you with the DURATION of your sleep in the past 2 weeks: please CIRCLE one

NOT AT ALL SATISFIED (1) | SOMEWHAT SATISFIED | MODERATELY SATISFIED | HIGHLY SATISFIED | EXTREMELY SATISFIED (5)

How satisfied are you with the QUALITY of your sleep in the past 2 weeks: please CIRCLE one

NOT AT ALL SATISFIED (1) | SOMEWHAT SATISFIED | MODERATELY SATISFIED | HIGHLY SATISFIED | EXTREMELY SATISFIED (5)

How successful were you at following the sleep restrictions you were prescribed during your prior visit? Circle one.

0% successful | 30% successful | 50% successful | 80% successful | 100% successful

YOUR NEW SLEEP PRESCRIPTION

Your calculated sleep efficiency: (total sleep duration/time in bed X100) _____%

Your daily wake-up time for the next 7 days is: _____ O'Clock

Your EARLIEST bed-time for the next week is: _____ O'Clock

Decision Tree:

- Sleep Efficiency $\geq 85\%$: Add 30 min (Earliest bedtime is 30 min sooner but wake-up time stays the same)

Decision Tree:

- *Sleep Efficiency $\geq$ 85%: Add 30 min (Earliest bedtime is 30 min sooner but wakeup time stays the same)*
- *Sleep Efficiency $\leq$ 65%: Subtract 30 min (Earliest bedtime is 30 min later but wakeup time stays the same)*
- *Sleep Efficiency = 66%-84%: Keep the same schedule, follow-up in a week.*

Please bring this form with you to any subsequent appointments.