

Pain Log

Friday, 18 February 2005 11:12

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Pain level yesterday

Pain

medication

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Pain preventing onset of sleep

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How long before fell asleep

How many times woken up by pain

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How many minutes awake during night

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Site of pain that caused waking

Did pain prevent falling back asleep?

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Needed extra pain medication

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Level of pain on waking in morning

Worse/better than normal?

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Other symptoms?

Once you have kept a sleep log for a month or so, various factors may become clearer. You will be able to see whether your insomnia is a disruption of the sleep cycle, with a shift either forwards (late to sleep, late to rise) or backwards (early to bed, early to rise) or indeed, a disruption