Prof. Dr. med. Johannes Mathis
Praxis für Schlafmedizin
johannes.mathis@hin.ch
GLN-Nr.760100090355
ZSR P581602

Neurozentrum Bern
Schänzlistrasse 45
3013 Bern
T 031 330 60 70
F 031 330 60 74
www.neurozentrum-bern.ch

Sleep-wake log

Last Name, First Name…….**Date of birth**…… ……..
Please complete over 14 days:
--- Lying; ↓ Light extinction; ↑ Switch on light; /// tired/sleepy; xxx RLS; C Cataplexy; P Paralysis; H Hallucination; D Dream
Medication:

Thu	12.5.			///										↓		xx						↑						For example
	Time		12	13	14	15	16	17	18	19	20	21	22	23	24	01	02	03	04	05	06	07	08	09	10	11	12	
Day	Datum																											Comments