



| Date     | Sleep Duration |           | CPAP Data |     | Morning Status (1-5) |      |         | Observations /<br>Mask Leak / Notes |
|----------|----------------|-----------|-----------|-----|----------------------|------|---------|-------------------------------------|
|          | Bedtime        | Wake Time | Hours     | AHI | Energy               | Mood | Dryness |                                     |
| Friday   |                |           |           |     |                      |      |         |                                     |
| Saturday |                |           |           |     |                      |      |         |                                     |
| Sunday   |                |           |           |     |                      |      |         |                                     |

**Scale:** 1 = Poor / Low | 3 = Average | 5 = Excellent / High **AHI Goal:** Less than 5.0 events/hour **Target Use:** 7+ Hours