

Kinan's Sleep Diary

Day of week	Daytime	Nighttime
Saturday1	<p>Out of bed at 7 AM Did not report that she felt tired No one noticed that he "nodded off" during the day</p>	<p>Went to bed at 10 PM Family members noted that he snored three times during the night loud enough to awaken them.</p>
Sunday 1	<p>Out of bed at 7 AM Did not report that he was tired during day No one noticed that he "nodded off" during the day</p>	<p>Went to bed at 9 PM Family members noted that he did not awaken them that night.</p>
Monday 1	<p>Out of bed at 6:30 AM Did not report that he felt tired. Kinan stayed awake all day.</p>	<p>Went to bed at 9 PM Family members noted that he snored two times during the night loud enough to awaken them.</p>

<p>Tuesday 1</p>	<p>Out of bed at 6:30 AM Did not report that he felt tired His teacher reported that she did not “nod-off” during class.</p>	<p>Went to bed at 9 PM Family members noted that he snored one time during the night loud enough to awaken them.</p>
<p>Wednesday 1</p>	<p>Out of bed at 6:30 AM Reported feeling tired. His teacher reported he “nodded off” one time in the afternoon.</p>	<p>Went to bed at 9 PM Family members noted that he snored three times during the night loud enough to awaken them</p>
<p>Thursday 1</p>	<p>Out of bed at 6:30 AM Did not report that he felt tired Teacher’s report was only one “nod-off” during the afternoon</p>	<p>Went to bed at 9 PM Family members noted that he snored five times during the night loud enough to awaken them.</p>
<p>Friday 1</p>	<p>Out of bed at 6:30 AM Reported feeling tired. His teacher reports one “nod-off” before lunch.</p>	<p>Went to bed at 10:30 after a sporting event at school Family members noted that he snored three times during the night loud enough to have awaken them</p>

Saturday 2	Out of bed at 7 AM Did not report that she felt tired No one in the family noticed that he "nodded off" during the day.	Went to bed at 10 PM Family members noted that she did not snore.
Sunday 2	Out of bed at 7 AM Did not report that she felt tired No one in the family noticed him "nodding off" during the day.	Went to bed at 9 PM Family members noted that she snored four times during the night loud enough to awaken them
Monday 2	Out of bed at 6:30 AM Did not report that he felt tired Teacher's report: only one "nod-off" in the afternoon.	Went to bed at 9 PM Family members noted that he snored three times during the night loud enough to awaken them
Tuesday 2	Out of bed at 6:30 AM Did not report that he felt tired Teacher's report no "nodding off" during the school day.	Went to bed at 9 PM Family members noted that he snored four times during the night loud enough to awaken them

Wednesday 2	Out of bed at 6:30 AM Did not report that he felt tired Teacher's report: one "nod-off" in the morning	Went to bed at 9 PM Family members noted that he snored two times during the night loud enough to awaken them
Thursday 2	Out of bed at 6:30 AM Did not report that he felt tired Teacher's report: no "nodding" off during the school day	Went to bed at 9 PM Family members noted no snoring.
Friday 2	Out of bed at 6:30 AM Did not report that he felt tired Teacher's report: no "nodding" off during the school day	Went to bed at 10 PM Family members noted that he snored four times during the night loud enough to have awakened them