

Narcolepsy logbook - My daily habits, Xyrem and narcolepsy



SUBJECT	DAYS OF THE WEEK						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SLEEP							
Wake up time							
Woke up natural							
Woke up by alarm							
Woke up by others							
Felt rested?							
Naptime 1							
Naptime 2							
Naptime 3							
Naptime 4							
FOOD							
Breakfast time							
What you ate (simple)							
Lunch time							
What you ate (simple)							
Dinner time							
What you ate (extended)							
Evening snack time if any							
What you ate							
Cups of coffee over the day							
Amount of water intake (approx)							
XYREM							
Xyrem 1st dose time							
How many times awake on 1st?							
Woke up for 2nd dose. alarm or natural?							
Xyrem 2nd dose time							
How many times awake on 2nd?							
OTHER MEDICATION							
Medication A at what time?							
Medication B at what time?							
Medication C							
Medication D							
Medication E							
Medication F							
Medication G							
Medication H							
General							
Rate your day at the end 1 to 10							
Experienced side effects of Xyrem?							