EDEMF5366 PNETSLP006 04/27/2012 13:43 BTP1759

LABORATORIO DE TRASTORNOS DEL SUEÑO

# Gráfico del Sueño

1. Marque cada vez que se vaya a la cama con una flecha apuntando hacia abajo---↓
2. Marque cada vez que se levante de la cama con una flecha apuntando hacia arriba---↑
3. Marque los periodos de sueño sombreando las casillas con las barras verticales---/////

Nombre:_____

| Día | Fecha | MN | 1 am | 2am | 3am | 4am | 5am | 6am | 7am | 8am | 9am | 10am | 11am | MD | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | 11pm | MN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lun | 1/3 | | | Duerme | | | | ↑ | | | | | | | | | | | | | ↓ | | | | | |
| Mar | 1/3 | | | | | Duerme | | | ↑ | | | | ↓ Siesta ↑ | | | | | | | | | | | ↓ | | |
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Acct #
Loc:
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SLRS
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**OU Medical Center**
Sleep Chart - Spanish