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**Lung Function & Sleep**

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**Building healthier lives**

**UHB is a no smoking Trust**

Date	Naps: times and lengths	Medications taken/ amount/time	Coffee (C) Tea(T) & Cola drinks (CD. No. of cups/times	Alcoholic drinks (A): no. of units*times	Time in bed before lights out	Light out	Estimated time to fall asleep from lights out	Estimated number of awakenings in night duration	Time of waking next morning	Total hours sleep/night	Overall sleep quality Poor=1 Average =2 Good=3
Example Day 1 01.06.04	2pm 45mins  6:30pm 30mins	Clomipramine 50mg x 1 @ 10.30pm	C x 1 @ 7am  T x 2 @ 6.30pm	A x 3 @ 7pm  A x 1 @ 10pm	30mins	11pm	45mins	2am 15mins  4.30pm 1hr	7.30am	6½hrs	2
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											

\* One unit of alcohol is equal to half a pint of beer, a small glass of wine or a 25ml measure of spirit.

<b>Name</b>	
<b>Date of birth</b>	
<b>Hospital Number</b>	
<b>Start date</b>	