


3. SCHLAFPROTOKOLL

Kurzintervention bei Insomnie – KI

Name: _____

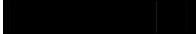



Bitte tragen Sie immer für die jeweilige Zeit folgende Möglichkeiten ein (siehe dazu das Beispiel):







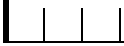
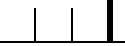
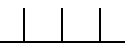

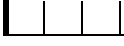

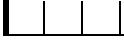


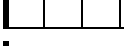


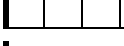

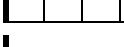
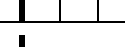


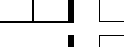
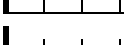
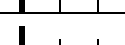
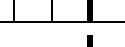
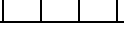

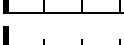
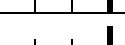
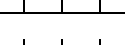
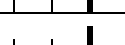


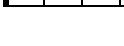
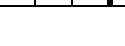


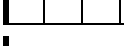

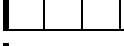


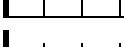
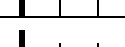

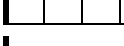


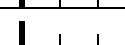





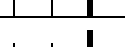
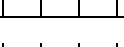


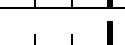
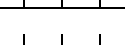
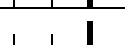






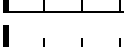
















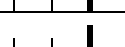
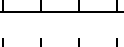


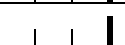








Wenn Sie geschlafen haben, füllen Sie die Zeit komplett aus: 

Wenn Sie wach im Bett waren, tragen Sie in dieser Zeit ein X ein: 

Wenn Sie gedöst haben oder im Halbschlaf waren, schraffieren Sie diese Zeit: 

Geben Sie mit einem Wert von 0 bis 10 an, wie erholt Sie am Morgen des jeweiligen Tages waren:
von 0 = nicht erholt bis 10 = sehr erholt

	Schlaf	Dösen o. Halbschlaf	wach im Bett	wie erholt? (0-10)	
Beispiel:					..oft wach.....

Datum:	0:00	6:00	12:00	18:00	24:00	Bemerkung:
..... Mo					
..... Di					
..... Mi					
..... Do					
..... Fr					
..... Sa					
..... So					
..... Mo					
..... Di					
..... Mi					
..... Do					
..... Fr					
..... Sa					
..... So					
..... Mo					
..... Di					
..... Mi					
..... Do					
..... Fr					
..... Sa					
..... So	