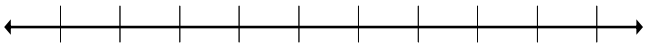
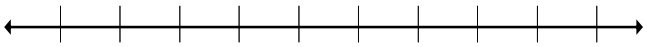
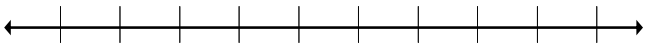
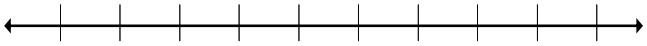
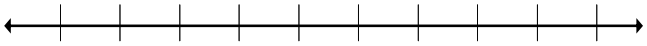
Checklista Natt och dagbok utan tyngdtäcke

Datum……

Nattetid

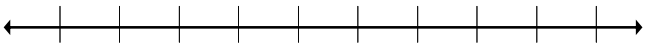
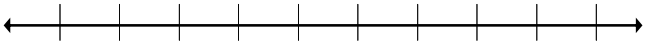
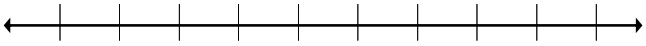
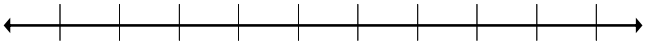
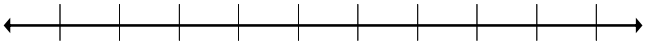
Vaknar ofta		Sover utan att vakna
Är spänd nattetid		Sover avspänt, avslappnat
Är orolig t ex kliver upp, ofrivilliga rörelser		Sover lugnt
Trött		Utvilad
Annat:		

Insomningstid?

Ange orsak till insomningssvårigheter:

Vaknar nattetid? Hur länge tar det att somna om?

Dagtid

Orolig		Lugn
Okoncentrerad		Koncentrerad
Inaktiv		Aktiv
Trött		Utvilad
Annat:		

Kommentar: