



HOW ARE YOU SLEEPING?

Each day, tick the number that best describes your sleep the night before. Do this every week for a month. Use the space to note anything that may have affected your sleep. Then, talk to your healthcare team.

1 VERY BAD

Broken, poor quality sleep with frequent disturbances; leaving you feeling very tired or with poor levels of concentration.

2 FAIRLY BAD

Lack of sleep, moderate disturbances/nightmares; leaving you feeling generally tired with some difficulty concentrating.

3 FAIRLY GOOD

Enough sleep, possible minor disturbances/nightmares; enabling you to feel moderately refreshed and alert.

4 VERY GOOD

Enough sleep, without disturbances/nightmares; enabling you to generally feel refreshed and alert.

WEEK STARTING:

NOTES...

MONDAY

1234

TUESDAY

1234

WEDNESDAY

1234

THURSDAY

1234

FRIDAY

1234

SATURDAY

1234

SUNDAY

1234

WEEK STARTING:

NOTES...

MONDAY

1234

TUESDAY

1234

WEDNESDAY

1234

THURSDAY

1234

FRIDAY

1234

SATURDAY

1234

SUNDAY

1234

WEEK STARTING:

NOTES...

MONDAY

1234

TUESDAY

1234

WEDNESDAY

1234

THURSDAY

1234

FRIDAY

1234

SATURDAY

1234

SUNDAY

1234

WEEK STARTING:

NOTES...

MONDAY

1234

TUESDAY

1234

WEDNESDAY

1234

THURSDAY

1234

FRIDAY

1234

SATURDAY

1234

SUNDAY

1234

WEEK STARTING:

NOTES...

MONDAY

1234

TUESDAY

1234

WEDNESDAY

1234

THURSDAY

1234

FRIDAY

1234

SATURDAY

1234

SUNDAY

1234

MONTHLY SLEEP QUALITY:

SLEEP QUALITY

1 VERY BAD

2 FAIRLY BAD

3 FAIRLY GOOD

4 VERY GOOD

NO. OF DAYS

Adverse events should be reported. For Great Britain and Northern Ireland, reporting forms and information can be found at [www.mhra.gov.uk/yellowcard/](http://www.mhra.gov.uk/yellowcard/) or via the Yellow Card app (download from the Apple App Store or Google Play Store). Adverse events should be reported to Gilead ([safety\\_FC@gilead.com](mailto:safety_FC@gilead.com)) or +44 (0) 1223 897500.

Adverse events should be reported. For Ireland, reporting forms and information can be found at [www.hpra.ie](http://www.hpra.ie) and can be reported to HPRA on +353 1 6764971. Adverse events should be reported to Gilead ([safety\\_FC@gilead.com](mailto:safety_FC@gilead.com)) or +44 (0) 1223 897500.