

This Sleep Log is developed and funded by Gilead for patients to complete in advance of appointment with their doctor/nurse to aid patient/doctor discussions.



## 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:

MONDAY

1 2 3 4

TUESDAY

1 2 3 4

WEDNESDAY

1 2 3 4

THURSDAY

1 2 3 4

FRIDAY

1 2 3 4

SATURDAY

1 2 3 4

SUNDAY

1 2 3 4

NOTES...

WEEK STARTING:

MONDAY

1 2 3 4

TUESDAY

1 2 3 4

WEDNESDAY

1 2 3 4

THURSDAY

1 2 3 4

FRIDAY

1 2 3 4

SATURDAY

1 2 3 4

SUNDAY

1 2 3 4

NOTES...

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1 2 3 4

FRIDAY

1 2 3 4

SATURDAY

1 2 3 4

SUNDAY

1 2 3 4

NOTES...

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 the United Kingdom, 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).

For Ireland, reporting forms and information can be found at [ww.hpra.ie](http://ww.hpra.ie) and can be reported to HPRA on +353 1 6764971.

Adverse events should also be reported to Gilead to [safety\\_FC@gilead.com](mailto:safety_FC@gilead.com) or +44 (0) 1223 897500 or +353 (0) 21 482 5999.