



Symptom Diary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Symptom(s)							
Onset and Offset							
Severity and Associate Disability							
Modifying Factors							
Medication timing, dose and effects							
Sleep							



Symptom Diary

Sunday

Symptom(s)	EDS, Headache, doing things and not remembering, Cataplexy, feel dizzy/faint, increased heart rate, Brain Fog, Restless broken sleep, sleep paralysis
Onset and Offset	EDS - throughout the day, bad around 845 am, after lunch and after school; Headache - around noon better by 130 pm; DTNR - lost my cell phone at 830 am and found it in refrigerator after nap, took a test in 4th period and failed (looking at my answers made no sense - no recall); Cataplexy - At lunch when friends; Dizzy/faint - didn't happen to day; HR on way to school and after getting home from school; RBS - all night; SP - at least 3 times
Severity and Associate Disability	EDS - napping, missed part of classes, grades impacted, don't want to hang out with friends after school; Headache - 5/10 - "can power through it"; DTNR - impacting grades, annoying; Cataplexy - embarrassing (I guess not bad though); HR, Dizzy - scares me but it goes away; Brain Fog - annoying, frustrating, feel stupid; RBS - frustrating and makes my SP worse
Modifying Factors	naps help EDS, morning modafinil helps for a while;
Medication timing, dose and effects	Modafinil 200 mg 615 am; Modafinil 200 mg 3 pm
Sleep	<p>The sleep diary chart shows a 24-hour period from 12 am to 11 pm. Sleep is represented by green shaded areas. There are three main sleep periods: one from approximately 12:30 am to 2:30 am, another from 3:30 am to 4:30 am, and a third from 8:30 pm to 11:30 pm. There are also several shorter sleep periods throughout the day. Labels 'WT' and 'BT' are placed within the sleep periods.</p>

12 am 1 am 2 am 3am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm



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Sunday

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Modifying Factors	
Medication timing, dose and effects	
Sleep	

12 am 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm



Symptom Diary

Monday

Symptom(s)	
Onset and Offset	
Severity and Associate Disability	
Modifying Factors	
Medication timing, dose and effects	
Sleep	

12 am 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm



Symptom Diary

Tuesday

Symptom(s)	
Onset and Offset	
Severity and Associate Disability	
Modifying Factors	
Medication timing, dose and effects	
Sleep	A horizontal bar chart representing a 24-hour period from 12 am to 11 pm. The chart is divided into 12 one-hour segments. Light green bars indicate sleep periods, which occur from 12 am to 1 am, 2 am to 3 am, 4 am to 5 am, 6 am to 7 am, 8 am to 9 am, 10 am to 11 am, 12 pm to 1 pm, 2 pm to 3 pm, 4 pm to 5 pm, 6 pm to 7 pm, 8 pm to 9 pm, and 10 pm to 11 pm. The segments from 11 am to 12 pm and 9 am to 10 am are white, indicating no sleep.

12 am 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm



Symptom Diary

Wednesday

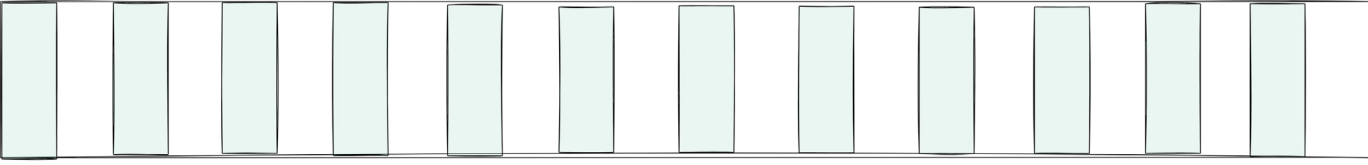
Symptom(s)	
Onset and Offset	
Severity and Associate Disability	
Modifying Factors	
Medication timing, dose and effects	
Sleep	A diagram showing a 24-hour period divided into 12 one-hour intervals. Each interval is represented by a vertical bar. The bars for the 2nd, 4th, 6th, 8th, 10th, and 12th hours are shaded light green, indicating sleep periods. The bars for the 1st, 3rd, 5th, 7th, 9th, 11th, and 13th hours are white, indicating wake periods.

12 am 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm



Symptom Diary

Thursday

Symptom(s)	
Onset and Offset	
Severity and Associate Disability	
Modifying Factors	
Medication timing, dose and effects	
Sleep	

12 am 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm



Symptom Diary

Friday

Symptom(s)	
Onset and Offset	
Severity and Associate Disability	
Modifying Factors	
Medication timing, dose and effects	
Sleep	A horizontal bar chart representing sleep patterns. The x-axis is labeled with hourly time slots from 12 am to 11 pm. Light green vertical bars indicate sleep periods: 12 am-1 am, 2 am-3 am, 4 am-5 am, 6 am-7 am, 8 am-9 am, 10 am-11 am, 12 pm-1 pm, 2 pm-3 pm, 4 pm-5 pm, 6 pm-7 pm, 8 pm-9 pm, and 10 pm-11 pm.

12 am 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm



Symptom Diary

Saturday

Symptom(s)	
Onset and Offset	
Severity and Associate Disability	
Modifying Factors	
Medication timing, dose and effects	
Sleep	

12 am 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm