

**TheWaveRiders.com Daily Wave Chart** (Use the back to write on if necessary)

W (Waking) 1 (Early Morning) 2 (Mid morning) L (Lunch) 3 (Afternoon) D (Dinner) 4 (Early Evening) B (Bedtime)

▼ Level	Time of Day ▶	W	1	2	L	3	D	4	B
6. High, High, High!! Nervous energy too high feel out of control									
5. Loving life...it doesn't get better than this. Not completing, pacing Need to talk – need to do!!!									
4. Creative but still breathing. Using a little more energy than normal but aware and still calm									
3. Mid-wave: Feeling joy, Love my life or feel that I can create the life I like. I feel good but not too high. I feel optimistic but not obsessive									
Not quite myself today, feeling a little tired. Periodic yawns									
2. Do not want to go to work anymore. Do not feel like exercising. Feeling quite tired. Yawning a lot. Fell asleep on the couch sitting up.									
1. Lowest of lows: Do not know why I bother. There is nothing good about my life or me. Suicidal thoughts									
Copyright:© TheWaveRiders.com Day ▶									

- **Sleep last night:** Bedtime was \_\_\_\_\_ pm **Type of sleep:** Restful \_\_\_ Fitful \_ Difficult \_\_\_ No sleep \_  
  - **Comments:**

- **Activities prior to sleep:**

- **What thoughts did you have as you were lying in bed?**

- **What thoughts that were keeping you awake?**

- **Do you recall any dreams?** No \_\_\_ Yes \_\_\_ **please describe the dream.** (Use back)

- **Wake:** Comments/Thoughts:

- **1:** Comments/Thoughts/Activity:

- **2:** Comments/Thoughts/Activity:

- **Lunch:** Comments/Thoughts/Activity:

- **3:** Comments/Thoughts/Activity:

- **Dinner:** Comments/Thoughts/Activity:

- **4:** Comments/Thoughts/Activity:

**Observations and Solutions:**

**TheWaveRiders.com Sample only – not actual Wave Chart** (Use the back to write on if necessary)

W (Waking) 1 (Early Morning) 2 (Mid morning) L (Lunch time) 3 (Afternoon) D (Dinner) 4 (Early Evening) (B) Bedtime

▼ Level	Time of Day ▶	W	1	2	L	3	D	4	B
High, High, High!! Nervous energy too high feel out of control									
Loving life...it doesn't get better than this. Not completing, possibly pacing Need to talk – need to do									
Very Creative but still breathing. Using a little more energy than normal but aware and still calm									
Mid-wave: Feeling joy, Love my life or feel that I can create the life I like. I feel good but not too high. I feel optimistic but not obsessive		X							
Not quite myself today, feeling a little tired. Periodic yawns		X		X	X	X	X		
Do not want to go to work anymore. Do not feel like exercising. Feeling quite tired. Yawning a lot. Fell asleep on the couch sitting up.								X	X
Lowest of lows: Do not know why I bother. There is nothing good about my life or me. Suicidal thoughts									
Copyright:© TheWaveRiders.com									
<b>Day</b> ▶		<b>Monday</b>							

- **Sleep last night:** Bedtime was 11: 30 pm
- **Type of sleep:** Restful \_\_\_ Fitful \_ Difficult \_\_\_ No sleep \_
- **Comments:** *Late night but good sleep*
- **Activities prior to sleep:**
- *Worked until 11pm, someone put their car in the ditch outside my house and so there was police activity outside that kept me awake. I did read for a few minutes and then went right to sleep.*
- **What thoughts did you have as you were lying in bed?** *Somewhat fearful but nothing too dramatic*
- **What thoughts that were keeping you awake?** *No real thoughts fell asleep quite quickly.*
- **Do you recall any dreams?** No x Yes \_\_\_ please describe the dream.
- **Wake: Comments/Thoughts:** *Bolted out of bed because I thought I was late. Feeling tired.*
- **1: Comments/Thoughts/Activity:** *Feeling not too bad now that I am on time and have a few minutes to myself. Have plans to get in a walk this morning and again later today.*
- **2: Comments/Thoughts/Activity:** *Feeling tired again. Want to eat something sweet. Feeling too busy to take a break and too tired to get that walk in. Eating a chocolate bar now.*
- **Lunch: Comments/Thoughts/Activity:** *Lunch at the computer. Still busy*
- **3: Comments/Thoughts/Activity:** *Can't stop eating. I am feeling tired, hard to concentrate...snacking now constantly.*
- **Dinner: Comments/Thoughts/Activity:** *Exhausted. I picked up McDonalds on the way home. The house is a mess but I am just going to leave it. Do not feel like talking to anyone. Turned on TV, news is bad and I am too tired for that evening walk.*
- **4: Comments/Thoughts/Activity:** *Stayed up too late again now feeling really depleted. Wondering what my life is all about and why I bother to try. I am too old, too ugly and too useless to do anything that I might find remotely interesting. Life sucks.*

**Observations and Solutions:**

I am noticing how much I am controlled by how tired I am. I eat poorly and do not get my exercise in and that makes me feel worse. Solution = get more rest time and try not to do so much work. I cannot stay up late because that is when I start to think negatively. Solution = Set an earlier bedtime. I also think about work in bed Solution = Stop work activity earlier in the evening -As early as 6 or 7 pm if necessary.