THE SNORING & SLEEP CLINIC

Snoring symptom diary

Nights 1 to 3 | Use brief, factual notes. Leave boxes blank if you do not know.

Name: _____ Dates covered: _____

Reason for keeping the diary: _____

Night / date	Bedtime and getting-up time	Waking in the night	Snoring observation	Breathing or sound changes noticed by another person	Position or nasal symptoms	Evening context	Morning and daytime effects
1 **Date:**							
2 **Date:**							
3 **Date:**							

Do not delay seeking advice to complete this diary. See a GP for breathing that stops and starts, gasping, snorting or choking during sleep, or persistent daytime tiredness. If excessive sleepiness affects driving, do not drive until you are free from it or symptoms are controlled and you are strictly following necessary treatment. Check GOV.UK guidance and ask your doctor.

Snoring symptom diary

Nights 4 to 6 | Use brief, factual notes. Leave boxes blank if you do not know.

Name: _____ Dates covered: _____

Reason for keeping the diary: _____

Night / date	Bedtime and getting-up time	Waking in the night	Snoring observation	Breathing or sound changes noticed by another person	Position or nasal symptoms	Evening context	Morning and daytime effects
4 **Date:**							
5 **Date:**							
6 **Date:**							

Do not delay seeking advice to complete this diary. See a GP for breathing that stops and starts, gasping, snorting or choking during sleep, or persistent daytime tiredness. If excessive sleepiness affects driving, do not drive until you are free from it or symptoms are controlled and you are strictly following necessary treatment. Check GOV.UK guidance and ask your doctor.

Your summary for a clinician

After several nights | Describe your observations without trying to diagnose a pattern.

Snoring was noticed on:

The clearest night-time observations were:

The clearest morning or daytime effects were:

Anything that seemed different on particular nights:

My main concern or question is:

A partly completed diary can still be useful. Take it to your GP or another qualified clinician. It cannot diagnose sleep apnoea, measure breathing events, rule a condition in or out, or select a treatment. Do not change prescribed medicines because of a diary pattern.

Sources: NHS sleep apnoea guidance; NICE NG202; GOV.UK excessive sleepiness and driving. Checked 26 September 2026. Read the accompanying article for instructions and source links.