LIGHT AND SOCIAL RHYTHM METRIC CHART

Light Therapy Metrics compliments of Light Vitality Group, Inc.
Social Rhythm Therapy Metrics compliments of Univ. of Pittsburgh

DATE (WEEK OF):
PERSONAL NOTES: List here any expected or unexpected events that may shift your daily or weekly routine.

DIRECTIONS:

1. Write down the **IDEAL TARGET LIGHT** you would like to receive during these activities:

COLOR TEMPERATURE	BRIGHTNESS
Blue-White (BW) = Wakeful/Alert;	0 = Under 5fc;
White-White (WW) = Neutral;	1 = 5-50fc;
Amber-White (AW) = Sleepy/Sedative;	2 = 51-200fc;
	3 = 201-500fc;
	4 = 501-1000fc

2. Write down the **ACTUAL LIGHT** you receive during these activities.

3. Write the **IDEAL TARGET TIME** you would like to do these daily activities.

4. Record the **ACTUAL TIME** you perform these activities each day.

5. Record the **PEOPLE** involved in the activity:
0 = Alone;
1 = Other present;
2 = Others actively involved;
4 = Others very stimulating

GUIDELINE NOTES:
a. Brighter, blue-toned light will awaken you more quickly, and keep you awake longer and more alert.
b. Dimmer, amber-toned light will help you fall asleep quicker and more soundly.
c. Lighting should be dim to off up to 2-3 hours before falling asleep.
d. The first meal and last meal of the day should ideally fall within a 10-hour time frame of each other.

Activity	Target Light				SUNDAY				MONDAY				TUESDAY				WEDNESDAY			
					Light		Social		Light		Social		Light		Social		Light		Social	
	Color Temp	Brightness (fc)	Target Time	Target Length of Exposure	Color Temp	Brightness (fc)	Time	People	Color Temp	Brightness (fc)	Time	People	Color Temp	Brightness (fc)	Time	People	Color Temp	Brightness (fc)	Time	People
Out of bed																				
First contact with other person																				
Exercise																				
Breakfast																				
Start work/school/volunteer/family care																				
Snack 1																				
Lunch																				
Snack 2																				
Dinner																				
Snack 3																				
To bed																				
Outdoor 1																				
Outdoor 2																				
Outdoor 3																				

Calculate the DIFFERENCE between sleep/wake times per consecutive day. Ie. Sunday wake time = 10a, Monday wake time = 11a; Waking difference = 1hr		WAKE TIME	SLEEP TIME	WAKE TIME	SLEEP TIME	WAKE TIME	SLEEP TIME	WAKE TIME	SLEEP TIME
	Total Difference								

Rate **SLEEP** each day on scale of -5 to +5	-5 = very poor sleep hygiene 0 = moderate sleep hygiene +5 = very good sleep hygiene				
Rate **MOOD** each day on scale of -5 to +5	-5 = very depressed 0 = neutral ambiguity +5 = very elated				
Rate **PAIN** each day on scale of -5 to +5	-5 = severe pain 0 = moderate pain +5 = no pain				

Activity	Target Light				THURSDAY				FRIDAY				SATURDAY			
					Light		Social		Light		Social		Light		Social	
	Color Temp	Brightness (fc)	Target Time	Target Length of Exposure	Color Temp	Brightness (fc)	Time	People	Color Temp	Brightness (fc)	Time	People	Color Temp	Brightness (fc)	Time	People
Out of bed																
First contact with other person																
Exercise																
Breakfast																
Start work/school/volunteer/family care																
Snack 1																
Lunch																
Snack 2																
Dinner																
Snack 3																
To bed																
Outdoor 1																
Outdoor 2																
Outdoor 3																

		WAKE TIME	SLEEP TIME	WAKE TIME	SLEEP TIME	WAKE TIME	SLEEP TIME
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