Voice and sleep symptom diary for adults

A singer's notes across two rehearsals

These fictional entries follow one adult singer. The singer records how speaking feels at waking, comes back to that entry later, and writes down the previous day's voice use in a separate field.

Rehearsal week

Day / sleep notes	Morning voice / later change	Voice use / context	Question / next step
Monday In bed 23:15—07:00. Partner mentioned snoring; time unknown.	07:10: speaking felt dry and rough. At lunch my speaking voice felt usual.	Sunday: 90-minute evening rehearsal. Spoke over noise on the way home.	Ask my teacher where to note speaking outside rehearsal.
Tuesday In bed 22:40—06:35. No one else was present to describe sounds.	06:45: a little dry at first. At 11:00 I could speak comfortably.	Monday: taught two classes. No evening rehearsal.	Use the same words for the first morning check tomorrow.
Wednesday In bed 23:20—06:55. Remember waking once.	07:00: rough at waking. At noon speaking still took more effort than usual.	Tuesday: 75-minute rehearsal. The afternoon included several calls.	If the extra effort keeps returning, bring these notes to a clinician.

The entries can help a singer describe timing and demands in a lesson or appointment. They leave the explanation for the voice change open.