Night-time light diary

From a position you may use, record when the light was visible and what changed. If you saw it already on or off, record that time and say exactly what you observed.

Property or case reference

Time zone used

Observation position, for example room, window and direction faced

Day and date	Local time(s)	Light seen and direction	Effect and conditions
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Note effects you experienced, such as light reaching the bed. Record curtains or blinds, street lighting and weather where relevant. Enter lux only if you took a reading.

If you did not check, write 'no observation'. Use an extra copy for additional events on the same day.

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From a position you may use, record when the light was visible and what changed. If you saw it already on or off, record that time and say exactly what you observed.

Property or case reference

Time zone used

Observation position, for example room, window and direction faced

Day and date	Local time(s)	Light seen and direction	Effect and conditions
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			

Note effects you experienced, such as light reaching the bed. Record curtains or blinds, street lighting and weather where relevant. Enter lux only if you took a reading.

If you did not check, write 'no observation'. Use an extra copy for additional events on the same day.

Night-time light diary

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Property or case reference

Time zone used

Observation position, for example room, window and direction faced

Day and date	Local time(s)	Light seen and direction	Effect and conditions
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			

Note effects you experienced, such as light reaching the bed. Record curtains or blinds, street lighting and weather where relevant. Enter lux only if you took a reading.

If you did not check, write 'no observation'. Use an extra copy for additional events on the same day.

Night-time light diary

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Property or case reference

Time zone used

Observation position, for example room, window and direction faced

Day and date	Local time(s)	Light seen and direction	Effect and conditions
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			

Note effects you experienced, such as light reaching the bed. Record curtains or blinds, street lighting and weather where relevant. Enter lux only if you took a reading.

If you did not check, write 'no observation'. Use an extra copy for additional events on the same day.