Temperature vs. Rest Documentation

Fill in all columns. In column 4, list cooling device used: idling, APU, parked HVAC, other climate control, none.
In the last column, rate how well you feel rested: **5=excellent, 4=very good, 3=ok/average, 2=poor, 1=exhausted**

Date	Place	Anti-idling law here?	Cooling Device Used	Start Sleep: Time	Start Sleep: Temperature	End Sleep: Time	End Sleep: Temperature	How well I feel rested

Courtesy of: http://www.truck-drivers-money-saving-tips.com/