Keeping a Sleep Log

log = place where you write information about something every day

On average (usually) how much sleep do you think you get every night?

I think I get about ____ hours of sleep per night.

Write (record) the times you slept during the past week.

Day	Bedtime	Wake up Time	Hours of Sleep
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Add the number of hours you slept this week. Total hours = _____

Divide the total hours of sleep by 7 (the number of days.) _____/ 7 = _____

The quotient (result) is the **average** number of hours you slept each night.

One average, how much sleep do you really get each night? _____ Is this number the same as the one you wrote for the first question? ____

How do you wake up in the morning? Does the sunlight wake you? Do you use an alarm? Does another person wake you? _____

On most days, is it easy for you to wake and start your day? ____ Explain.

_____

On most days, how do you feel about 3 hours after you wake up? (ex. alert, drowsy, heavy, etc.) Write 2 or more sentences. _____

_____

LIVEWORKSHEETS