

## 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.

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

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