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			

On most days, how do you feel about 3 hours after you wake up? (ex. alert, drowsy, heavy, etc.) Write 2 or more sentences.
On most days, is it easy for you to wake and start your day? Explain.
How do you wake up in the morning? Does the sunlight wake you? Do you use an alarm? Does another person wake you?
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?
The quotient (result) is the average number of hours you slept each night.
Divide the total hours of sleep by 7 (the number of days.) $__$ / 7 = $__$
Add the number of hours you slept this week. Total hours =

