

## 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. \_\_\_\_\_