

GETTING YOUR ZZZS?

PART 1

You know the importance of healthy sleep habits and how much sleep you should get each night. Now it's time to evaluate how much sleep you are actually getting, and how your sleep habits are affecting your activity during waking hours.

Use the chart below to track your sleep and record your activities for one week. List activities such as school, sports, driving, taking a quiz, presenting a report, working at an after-school job, homework, etc. Also identify how you feel, such as well-rested, sharp, and full of energy, or, conversely, depressed, angry, impatient, etc.

	Bedtime (Last night)	Waketime (Today)	Hours of sleep	Activities	Feelings/emotions/ performance
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

PART 2

Once your chart is complete, analyze any patterns in your feelings and performance that correlate with a lack of sleep, or, conversely, patterns related to getting a good night's sleep. Write a self-reflection based on the data you've gathered. Use that information to determine where you might make changes to improve your sleep habits.

Visit sleepeducation.org to learn more about the importance of sleep and to improve your sleep habits, as well as your mental and physical health. Find a printable sleep diary in English and Spanish at sleepeducation.org/resources/sleep-diary.

