



Change to Chill Sleep Tracker

No one knows for sure—even though scientists have worked very hard to figure it out—why our bodies need regular sleep. What we do know is how sleep impacts humans and what happens if we don't get enough of it. Sleep helps you think, remember, focus, do physical activities, solve problems, make decisions and generally be your best self. It also helps most people be in a better mood. Not getting enough sleep can lead to health problems, trouble in school or work and STRESS. Most teens need between 8-10 hours of sleep a night. Track your sleep for a week and see how yours measures up.

How to Use the Sleep Tracker

When you go to bed at night check the clock or start the timer on an electronic device. Do the same when you wake up in the morning. In the columns below record the following:

1. The time you went to bed
2. The time you woke up
3. The amount of time it took you to fall asleep.

Calculate the number of hours between 1 and 2 and subtract 3 to get the total amount of time you slept. Record that in column 4. Also note in column 5 anything you think is important about what was happening or what you did before you went to bed that might have affected your sleep.

	1. Time I went to bed	2. Time I woke up	3. Time it took to fall asleep	4. Total amount of sleep	5. Things that might have affected my sleep
Wednesday (example)	10:30 pm	7:30 am	1 hour	8 hours	Texting friends from 10-10:30
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Average for the week (Total for all 7 nights divided by 7)					