**How did you sleep? Keep a diary to track your sleep.**

Answer the first two questions by circling YES or NO. Write your answer to the last question.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Did you have trouble falling asleep? | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** |
| Did you wake up during the night? | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** | **Yes No** |
| Who or what woke you up during the night? |  |  |  |  |  |  |  |

**How much sleep did you get last night?**

Color in the boxes from the time you fell asleep last night until the time you woke up this morning. Count the number of boxes you coloured in to figure out how many hours you slept. Write the number of hours you slept below each day.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| EXAMPLE | |  | **Sunday** | | **Monday** | | **Tuesday** | | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| 7.30pm |  |  | 7.30pm |  | 7.30pm |  | 7.30pm | |  | 7.30pm |  | 7.30pm |  | 7.30pm |  | 7.30pm |  |
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| 3:30am |  |  | 3:30am |  | 3:30am |  | 3:30am | |  | 3:30am |  | 3:30am |  | 3:30am |  | 3:30am |  |
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| I Slept  11  hours | |  | I Slept  \_\_\_\_\_  hours | | I Slept  \_\_\_\_\_  hours | | | I Slept  \_\_\_\_  hours | | I Slept  \_\_\_\_\_  hours | | I Slept  \_\_\_\_\_  hours | | I Slept  \_\_\_\_\_  hours | | I Slept  \_\_\_\_\_  hours | |

**Check off any of these activities you did in the HOUR before going to bed.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| D:\Users\08624444\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6Q36UDD0\reading-a-book[1].jpg | Read a book |  |  |  |  |  |  |  |
| pc-smiley | Used the Computer |  |  |  |  |  |  |  |
| j0437577[1].gif (200×144) | Played with Toys/Games |  |  |  |  |  |  |  |
| http://www.kinderschutzbund-goerlitz.de/_/rsrc/1326455787140/home/ernaehrungs-undbewegungskursfueruebergewichtigekinder/fitsmiley.jpg | Exercised/ Played Sport |  |  |  |  |  |  |  |
| http://images.zaazu.com/img/TV-tv-lcd-plasma-smiley-emoticon-000708-facebook.gif | Watched TV |  |  |  |  |  |  |  |
| http://www.sherv.net/cm/emoticons/video-games/video-games-smiley-emoticon.gif | Played Video Games |  |  |  |  |  |  |  |
| http://global-teacher.net/content/images/logo-Smiley-Audio.jpg | Listened to Music |  |  |  |  |  |  |  |
| http://togetherinthis.com/wp-content/uploads/2014/02/Smiley-face-eating-a-burger-160-X-151.jpg | Had a Snack |  |  |  |  |  |  |  |
| http://www.sherv.net/cm/emoticons/toilet/bath-tub.gif | Took a Bath / Shower |  |  |  |  |  |  |  |
| http://images.onesite.com/community.beliefnet.com/user/bouncybaby/smiley/118d991b0c00c3cc4f515cf8d2e9c400.jpg?v=20020 | Talked on the Phone |  |  |  |  |  |  |  |
| http://confidenceandjoy.com/wp-content/uploads/2009/11/happy-face-writing.gif | Did Homework |  |  |  |  |  |  |  |

**Getting enough sleep helps you stay healthy, safe, and feeling good.**

A good night’s sleep will help…..

* You remember what you learned all day.
* You have more energy for sports and playing.
* Your body fight germs and illness better.
* You to pay attention.
* You feel better about yourself!

**Tips to help you get a better night’s sleep**

|  |  |  |
| --- | --- | --- |
| **Do:** |  | **Do Not:** |
| * Sleep 8 to 11 hours (ages 5-19) every night. * Go to bed at the same time every night * Follow a bedtime routine by doing the same relaxing activities every night before bed – like reading or listening to quiet music * Exercise during the day. * Have a light snack or warm glass of milk before bed, if you are hungry. * Keep your bedroom cool, dark, and quiet |  | * Stay up late * Go to bed at different times each night. * Watch TV or play video games because they can disturb your sleep. * Exercise too close to bedtime (3 hours or sooner) * Drink soft drink or eat chocolate because they contain caffeine, which can make it hard to sleep. * Have TV’s, computers, video games, loud noises or bright lights in your bedroom.   They can bother you while you sleep. |