

Instructions: Fill out this log for 1 week. Then, look at the day or days when you didn't get enough sleep or felt tired during the day. What could you do to get a better night's rest every night?

	DAY	DAY 2	DAY 3	DAY 4	DAY	DAY	DAY 7
					5	6	
Yesterday, I exercised for this many minutes:							
Yesterday, I: (check all that apply)							
Ate too much	0	O	O	O	0	O	O
Didn't eat enough			0				0
Had a drink with caffeine, like soda or tea	0	0	0	0	0	0	0
Yesterday, I: (check one)							
Had lots of energy	0	O	О	0	0	0	Ο
Was tired all day	O	O	O	O	0	O	O
Was tired all day Felt sleepy in the afternoon	0	О	0	0	0	0	О
Yesterday, I took a nap. (check one)							
True	0	0	О	0	0	0	Ο
Yesterday, I took a nap. (check one) True False	0	0	0	0	0	0	0
Last night, I went to bed at this time:							
Last night, I fell asleep at this time:							
Today, I woke up at this time:							
Last night, I slept for this many hours:							

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