

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 <b>2</b> | DAY<br>3 | DAY<br>4 | DAY | DAY | DAY<br>7 |
|-------------------------------------------------------|-----|--------------|----------|----------|-----|-----|----------|
|                                                       |     |              | <b></b>  |          | 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<br>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)<br>True<br>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:              |     |              |          |          |     |     |          |

 $\ensuremath{\mathbb{C}}$  2015 The Nemours Foundation/KidsHealth. Reproduction permitted for individual classroom use.