

Your Sleep Journal



As you read during the infancy section of this unit, sleep is very important. This week I am asking you to track your sleep and the quality of your sleep.

Task: Keep a sleep journal for a week- 7 nights. This assignment can be handed in next week when finished.

Include in your sleep diary:

- ✓ **What time you went to bed and woke up- Ex. April 23, I went to bed at 9 pm and woke up at 5 am.**
- ✓ **total sleep hours - Ex. 8 hours**
- ✓ **Perceived quality of your sleep – Ex. I felt well rested when I woke up.**
- ✓ **a record of time you spent awake and what you did (“stayed in bed with eyes closed,” for example, or “got up, and had a glass of milk”)**
- ✓ **types and amount of food, liquids, or caffeine, you consumed before bed, and times of consumption**
- ✓ **your feelings and moods before bed -(e.g. happiness, sadness, stress, anxiety)**