



# Teen Sleep Diary

## WHAT CAN SLEEP DO FOR YOU?

- \* Make it easier to learn, pay attention and solve problems
- \* Give you more energy for sports and fun
- \* Help to keep you healthier
- \* Contribute to your body and brain development
- \* Improve your mood and alertness
- \* Help you to get along well with your friends, teachers, family and others
- \* Allow you to perform better and enjoy life



## WHY A SLEEP DIARY MAY BE HELPFUL

Sleep is vital to your health, safety and overall performance. The time you spend sleeping can help you enjoy life more. How do you know if you are getting enough good sleep and practicing healthy sleep habits? Do you see a pattern in your sleep? By keeping a sleep diary for at least one week, preferably two, you can track your sleep and wake habits and see how you are sleeping and how it affects your health and performance.

## HOW TO USE THIS DIARY

Write in the diary every day. Make copies for additional weeks. You can use this as a daily diary about you and your activities, but also to see how much sleep you are getting. You can then compare how much good sleep you get and how you feel during the day. It may surprise you to see how your sleep affects everything you do during the day. There are also some helpful tips for getting a good night's sleep. Talk to your friends about their sleep and compare notes.

*continued*

\_\_\_\_\_ 's Sleep Diary

This is the week of

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**COMPLETE IN THE EVENING BEFORE GOING TO BED**

In the space inside each figure, fill in the number of cans/glasses of caffeinated drinks, cups of coffee or tea, and/or chocolate you had each day.

**Day 1**

**Day 5**

**Day 2**

**Day 6**

**Day 3**

**Day 7**

**Day 4**

**Total for Week:**

\_\_\_\_\_ Soda/energy drink cans or bottles












\_\_\_\_\_ Chocolate bars

\_\_\_\_\_ Coffee/Tea cups

See NSF's Caffeine Calculator at [www.sleepfoundation.org](http://www.sleepfoundation.org) to see how much caffeine you consume and how it may affect your sleep.

## COMPLETE WHEN YOU WAKE UP

What did you do in the HOUR before going to bed?

	Day	1	2	3	4	5	6	7	FAVORITE
	READ A BOOK								Book(s):
	ON THE WEB								Web site(s):
	EXERCISE/SPORTS								Sport(s):
	WATCH TV								TV program(s):
	LISTEN TO MUSIC								Singer/group(s):
	ON THE PHONE/IM								Friends I talked to/stuff we talked about:
	HOMEWORK								Class(es):
	VIDEO GAMES								Game(s):
	SNACK								Snack(s):
	MOVIE								Movie(s):
	HOBBY								Hobby(ies):

### How did you sleep?

Place a "Y"=yes or "N"=no if you had any of these experiences during the night.


	Day	1	2	3	4	5	6	7
Trouble falling asleep								
Frequent awakenings during the night								
Hard to wake up or feeling groggy								

Circle the number that best represents your sleep last night.


***I had a poor night's sleep***    **1**    **2**    **3**    **4**    **5**    ***I had a great night's sleep***

On the clocks below, write in what time you went to sleep and what time you woke up. Then, fill in the total hours you slept. Calculate how much sleep, if any, you need to make up. What is your total sleep debt for the week?

**Day 1**



*Time I went to sleep*



*Time I woke up*


9 1/4 Hours you need

- \_\_\_\_\_ Total hours slept last night


= \_\_\_\_\_ Hours to make up

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**Day 2**



*Time I went to sleep*



*Time I woke up*


9 1/4 Hours you need

- \_\_\_\_\_ Total hours slept last night


= \_\_\_\_\_ Hours to make up

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**Day 3**



*Time I went to sleep*



*Time I woke up*


9 1/4 Hours you need

- \_\_\_\_\_ Total hours slept last night


= \_\_\_\_\_ Hours to make up

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**Day 4**



*Time I went to sleep*



*Time I woke up*


9 1/4 Hours you need

- \_\_\_\_\_ Total hours slept last night


= \_\_\_\_\_ Hours to make up

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**Day 5**



*Time I went to sleep*



*Time I woke up*

9 1/4 Hours you need

- \_\_\_\_\_ Total hours slept last night

= \_\_\_\_\_ Hours to make up

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**Day 6**



*Time I went to sleep*



*Time I woke up*


9 1/4 Hours you need

- \_\_\_\_\_ Total hours slept last night


= \_\_\_\_\_ Hours to make up

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**Day 7**



*Time I went to sleep*



*Time I woke up*

9 1/4 Hours you need

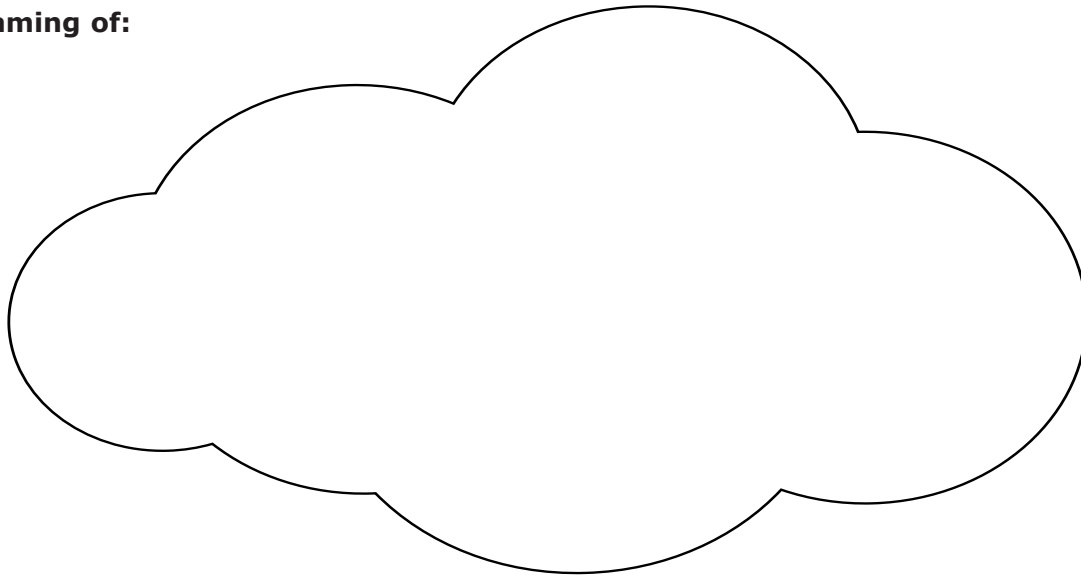
- \_\_\_\_\_ Total hours slept last night

= \_\_\_\_\_ Hours to make up

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\_\_\_\_\_ **Total/Week**

**Dreaming of:**



**COMPLETE TODAY**

**How I felt today:**

Keep track of your energy level and your ability to pay attention for each day. Note any pattern that occurs. In the space below, write in your rating of your night's sleep for each day. Compare hours of sleep and how well you slept to how you felt during the day.

My energy level: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
No energy                      Low energy                      Medium energy                      High energy                      Very High energy

I took # \_\_\_\_\_ naps today for \_\_\_\_\_ minutes at \_\_\_\_\_:\_\_\_\_\_ am/pm.

**Daytime Performance**

How are you doing during wake time? Are you feeling great and energized or is sleep deprivation affecting your daytime activities? How easy or difficult was it for you to do each of these items today? Note any patterns related to your sleep habits.

Activity	Very difficult	Somewhat difficult	Somewhat easy	Very easy	Don't know
Complete all of my assignments or do all of my school work					
Pay attention in class					
Solve math or word problems					
Read a text book					
Listen carefully					
Eat healthy					
Perform well on tests					
Be in a good mood					
Have a positive outlook					
Get along w/ family & friends					
Be on time to class & activities					

High points of my day: 😊

New experiences:

Hopes for tomorrow:

### SLEEP TIPS FOR TEENS: WHAT CAN YOU DO TO GET BETTER SLEEP

1. Follow a schedule where you have regular bed and wake times, even on weekends, so you stay in sync with your sleep-wake cycle.
2. Try to get at least 8-1/2 hours of sleep each night, preferably around 9-1/4 hours.  
Time I will go to bed on school nights \_\_\_\_\_ pm.
3. Create your bedroom environment so that it is comfortable, relaxing, quiet, cool and dark. Try keeping the lights dim at night to prepare you for sleep. In the morning, bright light can help you become alert.
4. It's best to not use televisions, computers or do homework in your bedroom close to bedtime.  
What's in my bedroom that keeps me from sleeping:  
 TV       Computer       Homework       Video games       Music  
 Phone       Lights       Pets       Other \_\_\_\_\_
5. Set up a regular bedtime routine that helps you to fall asleep. This can include taking a warm bath or shower, reading something you enjoy, listening to music that is not too alerting or thinking pleasant thoughts. What I will do one hour before bed that is relaxing \_\_\_\_\_
6. Your mattress and pillow(s) should be comfortable.
7. Avoid caffeine (soda, energy drinks, coffee, tea, chocolate) close to bedtime. They can keep you awake.
8. Avoid alcohol and nicotine.
9. Don't go to bed too hungry or too full. Try light, nutritious snacks.
10. Exercise regularly to promote sleep, but complete your workout at least a few hours before bedtime.