Sleep Log Analysis   Name_____

This analysis will help you understand your sleep patterns and determine if you are getting the recommended amount of sleep for your age and activity level. Using your sleep log, answer the following questions.

1. Complete the following table.

Did You…	Yes	No
have a regular bedtime and wake-up during the week?		
on the weekend?		
average at least 9.25 hours a night?		
have a quality sleep environment? Ex (Dark, privacy, comfortable, ideal room temperature)		
avoid caffeine(coffee, tea, soda, chocolate) products after lunch?		
have relaxation time before bed? (Fun reading, TV, stretching)		
avoid eating at least1 - 2 hours before bed?		
turn the TV/stereo/cell phone off before you went to bed?		

2. Using your sleep log, determine your average number of hours of sleep per night. _____

3. Did you get the recommended amount of sleep (9.25 hours) each night for the week? If not, how many sleep deprivation hours did you accumulate for the week? Subtract your total hours of sleep from 64.75.

4. How many healthy sleeping habits do you practice according to the chart above (*How many did you answer yes to*)?

5. Predict how making changes in sleeping practices will improve how you look, feel, and perform in your daily life.

6. Before doing this sleep analysis, was sleep a priority for you? Why or why not?

7. What behaviors relating to sleep are you planning on changing as a result of tracking and analyzing your sleeping habits?