

Sleep Worksheet

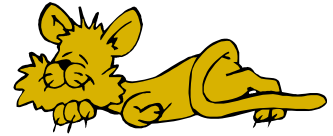
Name: _____ Date: _____

On School Nights

What time do you go to bed? _____

What time do you wake up? _____

How much sleep do you get on school nights? _____ Hours _____ Minutes



On Weekends

What time do you go to bed? _____

What time do you wake up? _____

How much sleep do you get on weekends? _____ Hours _____ Minutes



Ways to Improve My Sleep

My current bedtime routine:

To sleep better I could: