

# My Sleep Diary

**Directions:** For the next school week, you're going to use the chart below to track how much sleep you get and how it affects your mood. Be prepared to reflect on what you learn afterward!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The time I woke up					
The time I went to bed					
How I felt throughout the day					

**Part 2:** Once you're done tracking your sleep habits, answer the following questions.

**What patterns did you notice while tracking your sleep this week?**

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**What is your bedtime routine? What changes could ensure you get enough sleep?**

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