

Name: _____

My Sleep Study

Directions: Read the article “Sounder Snoozing” (page 22). Then apply what you learned from it to your own life. Fill out the chart, listing your sleep habits for a week, as well as the effects on your body and your performance in school. Then answer the questions below.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Total amount of sleep							
Am I sleepy or alert?							
How do I feel emotionally?							
How do I feel physically?							
How is my academic performance?							

1. According to the article, teens should get 8.5 to 9.5 hours of sleep each night, or between 59.5 and 66.5 hours of sleep per week. How much sleep did you get for the week?

2. How did your sleep habits affect your body, your mind, and your ability to do well in school?

3. What did this experiment reveal about your sleep habits and their effects on your life? What might you change as a result?
