**My Sleep Diary Experiment**

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| --- | --- | --- | --- | --- | --- |
|  | Night 1 | Night 2 | Night 3 | Night 4 |  |
| List the things you did before bed e.g. read, tablet, listen to music, take a shower etc.  |  |  |  |  | Which routine worked the best? |
| Did you have trouble falling asleep? |  |  |  |  | What was stopping you from going asleep? |
| Did you wake up during the night? |  |  |  |  | What woke you? |
| How many hours sleep did you get? |  |  |  |  | What night did you have the most sleep? |
| How do you feel today?  |  |  |  |  | Did the amount of sleep you got affect you the next day? |
| Are you tired during the day? |  |  |  |  | Did getting more sleep give you more energy/ help you concentrate? |

* ****From the results of your sleep experiment, create a bedtime routine that will allow you to get enough sleep.
* List the effects of not getting enough sleep.