

Sleep Activity

Objective

- Examine your current sleep habits.

Directions

- Take a few minutes to review and assess your own sleep habits. Are you getting enough?

Question	Answer
I get 7–8 hours of sleep at night.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Never
I feel sleepy or have trouble focusing during the day.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Never
I take a nap when I feel drowsy or need more sleep.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Never
I fall asleep or have trouble staying awake in class.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Never
I fall asleep while studying.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Never
I stay up all night to study for exams or write papers.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Never

- Track how much sleep you get each night during a one-week period.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours of Sleep	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

- At the end of the week, write a short journal entry (1–2 pages) in which you reflect on your current sleep habits:
 - How many hours of sleep do you think you need every night to function at your best?
 - How can you tell?
 - On an average, how many hours of sleep did you get on weeknights?
 - On average, how many hours of sleep did you get on weekend nights?

- How would you rank the importance of sleep compared with studying, working, spending time with friends/family, and other activities? What things get in the way of your consistently getting enough sleep?

- What changes can you make to your schedule and/or routines that might improve your sleep habits?

- Follow your instructor's guidelines for submitting assignments.