Which activities helped you sleep longer?

Which activities meant that you slept less?

Compare what you discovered with your friends.

HEALTH WARRIORS

Sleep Diary

Name:

Choose 4 activities that you can do before bed.
Keep your bedtime routine the same apart from the one activity you are testing each night.
Record bedtime and wake up time carefully.
Try to make it a fair test.

Bedtime Activity Investigation

Activity:

Time activity took:

Time you went to bed:

How easy was it to get to sleep?

very easy	easy	average	hard	very hard

Did you sleep through the night?

Time you woke up:

Total sleep hours:

How did you feel when you woke up?

full of energy	good level of energy	average	tired	very tired

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Time activity took:

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