

HEALTHY FUTURES

SLEEP TRACKER

Set your new bedtime and track how you feel!

Have an adult help you figure out what time you need to go to sleep in order to sleep 11 hours. What is your new bedtime? _____

☐ Night 1: I went to sleep at _____. I woke up at _____. I slept _____ hours.

☐ Night 2: I went to sleep at _____. I woke up at _____. I slept _____ hours.

☐ Night 3: I went to sleep at _____. I woke up at _____. I slept _____ hours.

☐ Night 4: I went to sleep at _____. I woke up at _____. I slept _____ hours.

☐ Night 5: I went to sleep at _____. I woke up at _____. I slept _____ hours.

☐ Night 6: I went to sleep at _____. I woke up at _____. I slept _____ hours.

☐ Night 7: I went to sleep at _____. I woke up at _____. I slept _____ hours.

How do you feel after a week with your new bedtime?