

Date:

Name:

Reflection #7: Seven Days of Sleep

For this assignment, you will be monitoring your sleeping habits. I'm not expecting you to make any changes, I'm just looking for you to be more aware of your sleeping habits, and perhaps identify what might be getting in the way of you feeling rested. For the next 7 days, I would like you to try and fill out the following chart. At the end of the 7 days, please respond to summary questions on the Reflection page of your ePortfolio, under the heading "My 7 Days of Sleep". You could take a photo of your completed table, and post it as a picture to accompany your reflection, if you wish.

Date	Bedtime/Wake up	When did you last look at a device?	Sleep Quality (did you wake up? Toss/turn? Did it take you long to fall asleep?)	Did you dream? (Y/N)	20 minutes after you got up, how did you feel?	Comments

Date:

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Questions:

- 1) How did your sleep compare on a weekday, to the weekend?
- 2) How did your sleep compare on Monday night, vs Tuesday night?
- 3) Consider the PBS video we watched in class, the Adolescence Sleep Update article by Dr. Wolfram, and your sleep data. How does school start time affect your sleep? Would starting classes an hour later change anything for you?
- 4) How many nights did you recall dreaming? What might that say about the quality of your sleep? *Hint – in which stage of sleep do dreams occur?*
- 5) Are you surprised with your results? Explain.
- 6) How do you think you could improve your sleep? Provide at least 3 ideas.

