

# SLEEP DIARY


## WHY IS SLEEP SO GOOD FOR US ?



### SLEEP IMPROVES:

### MEMORY

Your mind is busy while you sleep and can strengthen memories or “practice” skills learned while you were awake



### CREATIVITY

In addition to strengthen memories, your brain appears to reorganise and restructure them, which may result in more creativity as well.



### MENTAL HEALTH

Stress and depression are affected by sleep – or lack of it. “A good night’s sleep” can really help a moody person decrease their anxiety. You get more emotional stability with good sleep.



### QUALITY + LENGTH OF LIFE

Sleep affects the quality of life and studies show that good sleep is linked to living longer. Sleep effects cholesterol levels, which plays a significant role in heart disease.




### FITNESS

Studies amongst football and tennis players who tried to sleep at least 10 hours a night for seven to eight weeks improved their average sprint time and had less daytime fatigue and more stamina.




### DIET

If you are tired, you tend to want sugar as an energy and therefore can put weight on more easily. Studies show that when you are sleepy, certain hormones go up in your blood, and those same hormones drive appetite.




### GRADES

Severe and reoccurring sleep deprivation has a big impact on learning. In one study, school students who didn’t get enough sleep had worse grades than those who did.



### ATTENTION

A 2009 study in the journal Paediatrics found that children ages seven and eight who got less than about eight hours of sleep a night were more likely to be hyperactive, inattentive, and impulsive.



# DO YOU KNOW HOW MUCH SLEEP YOU NEED AND HOW MUCH YOU ACTUALLY HAVE?

Most teenagers need about 8½ to more than 9 hours of sleep each night. Use the table below to plot the sleep you have over a week and each morning try to gauge your

- Irritability  
  Concentration  
  Physical energy  
  Feeling good about yourself  
  Alertness and memory

SLEEP DIARY			
Day of the week	Went to sleep at	Woke up at	Total amount of sleep
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total for Week=			

<input checked="" type="checkbox"/> Score 1 for ☹️ (poor) and 5 😊 (great)    eg ☹️ 1,2,3,4,5😊				
Irritability	Concentration	Physical Energy	Feeling good about yourself	Alertness and memory
☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊
☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊
☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊
☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊
☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊
☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊
☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊	☹️ 1,2,3,4,5😊

*Weekly recommended sleep for a teenager = 60 hours*

- What do you score best at?
- Are there times when you can live off less sleep
- How do you catch up or recover?