

Improve your waking life by

TRACKING YOUR SLEEP



THIS WEEK'S NOOK ACTIVITY IS HERE!

Pick up a printed copy of our sleep log booklet outside of the OHP or swipe through our Instagram/Facebook story to learn more!

WHY DOES OUR SLEEP MATTER, AND WHY SHOULD WE TRACK IT?

Sleep is an **essential part of our life.**



Poor sleep can negatively affect our **memory, mental health, and academic success.**

Meanwhile, adequate sleep is essential to feeling **awake and alert**, maintaining **good health** and working at **peak performance.**



By tracking our sleep, we can identify habits that impact our quality of life. Understanding these patterns can guide us to new practices to adopt.

SLEEP LOG



SATURDAY

SUNDAY

	SATURDAY	SUNDAY
COMPLETE IN MORNING	I got into bed at:	
	I fell asleep: easily (E), after some time (A), or with difficulty (D)	
	I was off technology __ mins before sleep	
	I woke up this many times during the night:	
	I woke up at:	
	Total sleep hours:	
COMPLETE AT NIGHT	I napped for __ mins	
	I consumed caffeine in the: morning (M), afternoon (A), night (N)	
	My sleepiness throughout the day was at a: 1 (not sleepy) --> 5 (very sleepy)	
	I exercised for __ mins	

STUDENT SLEEP LOG

Use this sleep log to keep track of your sleep patterns and behaviors, and track the impact of your sleep on your day-to-day life!



To most accurately track your sleep hours, check out a free fitness tracker from the Office of Health Promotion for the term!

Connect with OHP!

Social Media



Sign up for our Newsletter

Scan this QR code to sign up for our weekly SWA newsletter, providing OHP updates and information about activities offered by our office!



SLEEP LOG



WEEK __		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMPLETE IN MORNING	I got into bed at:					
	I fell asleep: easily (E), after some time (A), or with difficulty (D)					
	I was off technology __ mins before sleep					
	I woke up this many times during the night:					
	I woke up at:					
	Total sleep hours:					
COMPLETE AT NIGHT	I napped for __ mins					
	I consumed caffeine in the: morning (M), afternoon (A), night (N)					
	My sleepiness throughout the day was at a: 1 (not sleepy) --> 5 (very sleepy)					
	I exercised for __ mins					