

Sleep Log

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Time fell asleep | | | | | | | |
| Time woke up | | | | | | | |
| Hours slept | | | | | | | |
| Felt tired during day | | | | | | | |
| Grade/Test, quiz, report | | | | | | | |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Time fell asleep | | | | | | | |
| Time woke up | | | | | | | |
| Hours slept | | | | | | | |
| Felt tired during day | | | | | | | |
| Grade/Test, quiz, report | | | | | | | |

Sleep Log

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Time fell asleep | | | | | | | |
| Time woke up | | | | | | | |
| Hours slept | | | | | | | |
| Felt tired during day | | | | | | | |
| Grade/Test, quiz, report | | | | | | | |

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Time fell asleep | | | | | | | |
| Time woke up | | | | | | | |
| Hours slept | | | | | | | |
| Felt tired during day | | | | | | | |
| Grade/Test, quiz, report | | | | | | | |