



*Never underestimate the power of your zzzzzs!*

# HACKETTSTOWN MIDDLE SCHOOL SLEEP LOG

Your name: \_\_\_\_\_

Your birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date	Day	Mid-night	2 AM	4 AM	6 AM	8 AM	10 AM	Noon	2 PM	4 PM	6 PM	8 PM	10 PM	Mid-night
Sample		X												
3/2	1													
3/3	2													
3/4	3													
3/5	4													
3/6	5													

RETURN THIS LOG TO SCHOOL ON FRIDAY, MARCH 7, 2008

**Comments:** X = exhausted      T = tired      OK = ok      P = pretty good      ☺ = great

**Legend:** ● = in bed      ●—● = asleep      W = nap      C = caffeine      E = exercise      F = food      T = TV      H = homework