

# Are You Getting Enough Sleep?

## What to Know

You might struggle with falling asleep and feeling tired the next day, and this can hurt your focus and concentration. It can also make you grumpy. Researchers have found that you should get 8 - 9  $\frac{1}{2}$  hours of sleep every night. You're not alone if you have sleep problems - many teens fall far short of this nightly sleep goal.

Do you think you get enough sleep? Use the following activity to get a better night's sleep.

## What to Do

Check off the techniques below that might help you get better sleep.

Have a regular bedtime and stick to it, especially on school nights.

Get regular exercise through participating in P.E., joining a sports club, going for a hike, or riding your bike. Do a physical activity most days of the week.

Spend time outside every day. At least 30 minutes of sunshine exposure daily can help a lot.

Don't take naps late in the day because it might make it harder to fall asleep later.

Finish doing homework or studying at least 2 hours before you fall asleep.

Worry can keep you awake, so talk through any worries or write them down in a journal before bed.

Avoid anything that might keep you awake, like coffee, nicotine, chocolate, energy drinks, soda, fruit juice, or candy before bedtime.

Make sure your bedroom is a good place for sleep. Use dim lighting, turn down the heat, and hang black-out curtains. Try to keep your bedroom clean and organized.

Don't watch scary or intense shows or online content before bed.

Turn off your phone, tablet, and gaming console at least one hour before bedtime.

\_\_\_ Relax through breathing exercises, mindfulness, yoga, or meditation to feel calm before bedtime.

\_\_\_ If you need sound to fall asleep, play soothing music or run a fan.

\_\_\_ Calming scents like lavender might soothe you to sleep.

Circle 4 of the above suggestions that you're willing to try.

List as many reasons you can think of that you don't get enough sleep.

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Write down how not getting enough sleep can hurt you.

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Do you have any bad habits that prevent you from getting enough sleep? List them.

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Have you noticed any negative effects on your performance at school or your activities (clubs, sports, etc.) because you don't get enough sleep? Describe.

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Cut out the sleep tickets on the following pages. For the next 9 days, fill in a coupon. If you want to repeat the activity, make copies of the coupon sheets and repeat for another 9 or more days.

**Day 1** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

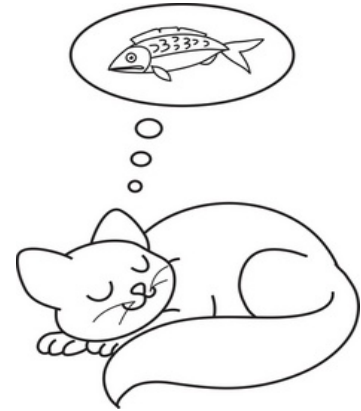
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



**Day 2** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

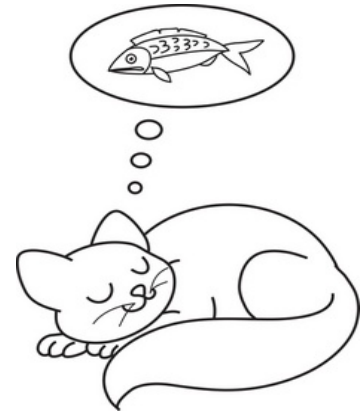
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



**Day 3** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

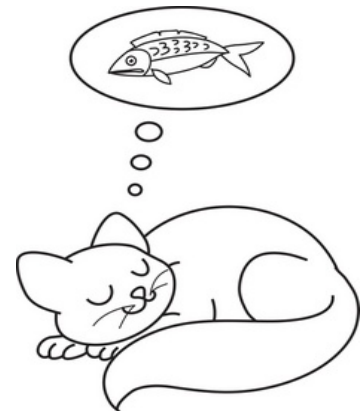
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



**Day 4** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

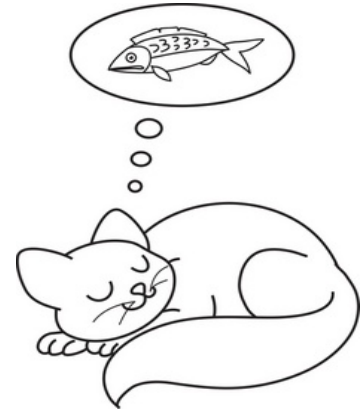
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



**Day 5** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

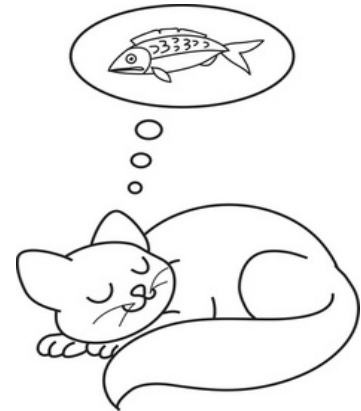
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



**Day 6** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

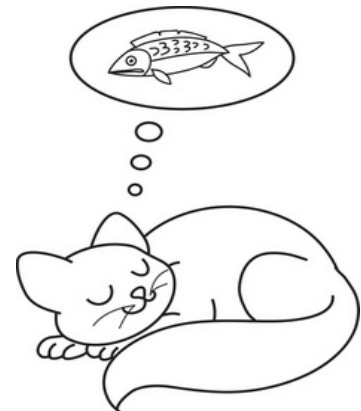
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



**Day 7** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

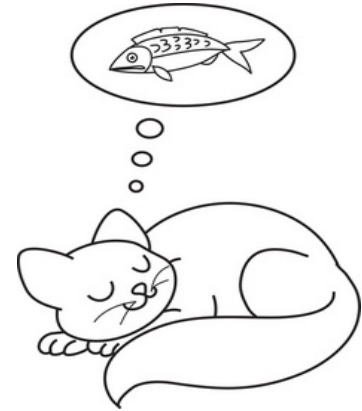
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



**Day 8** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

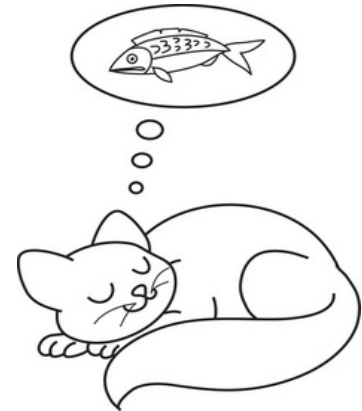
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



**Day 9** Day/Date: \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ p.m.

Today I woke up at: \_\_\_\_\_ a.m.

Technique(s) I used to fall asleep: \_\_\_\_\_

I fell asleep:

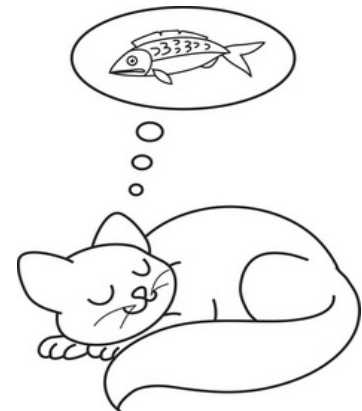
- as soon as my head hit the pillow.
- after tossing and turning.

I woke up \_\_\_\_\_ times during the night.

I remember my dreams:  Yes  No

When I woke up, I felt:  tired  well-rested

Throughout the day, I felt:  great!  groggy  exhausted  just OK



Did this activity help you get better sleep? Why or why not?

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Was it hard for you to make changes before bedtime? If yes, explain.

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What technique helped you the most? Describe how it helped you.

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What else can you do to get a better night's sleep?

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