

Homework = Pre-Lesson Activity

Submit: Print out, Next Health Science Class

OVERVIEW Collect data about your own sleep habits. You will analyze these data in subsequent lessons.

(Master 0.1 Sleep diary & Master 0.2 Recording bedtimes and wake times)

1. Record the **times** that you **go to bed at night** and **wake up in the morning** for **7 days** beginning from the day you had your Health class (**Day 1**)
2. Record the times to the **nearest quarter hours** (Check Master 0.2)
3. Record the **total number of hours** you slept each night
4. Record the **number of times** you remember waking up during the night
5. Record the **number of caffeine-containing drinks** (coffee, tea, colas, or other caffeinated beverages) you consumed during the day.

(Master 0.3 - Sleepiness Scale)

6. On **Day 2, Day 4, and Day 6**, Record how sleepy you are at different times during these day.

(Master 0.4 - Calculating Average Bedtime and Wake Time)

7. You should also calculate your **average total sleep time, average number of awakenings during the night**, and average **number of caffeine-containing drinks consumed**. (The worksheet will guide you through the calculations)

You will need your sleep diary and your sleepiness scale data with you in next Health Science class so that you can begin to analyze and evaluate your data, as well as better understand the sleep concepts.