

# Sleep Challenge

February 27 - March 26 | 4 Weeks = 1 Point

What happens when you don't get enough sleep?

- Lack of alertness
- Relationship stress
- Greater likelihood for car accidents
- Impaired memory
- Quality of life

Sleepiness can interfere with a person's productivity, safety and overall quality of life.

For each day below, record how much sleep you got the previous night.

The faces on the scale below represent different levels of sleepiness from being wide awake ("0") to falling asleep ("4").



0



1



2



3



4

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hours spent sleeping last night	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.
How you feel							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hours spent sleeping last night	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.
How you feel							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hours spent sleeping last night	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.
How you feel							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hours spent sleeping last night	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.	_____ Hrs.
How you feel							

I've completed the challenge!

Print Name: \_\_\_\_\_