

# Sleep Data Collection Sheet

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



Monday		Tuesday		Wednesday		Thursday		Friday	
Time went to sleep	Time woke up	Time went to sleep	Time woke up	Time went to sleep	Time woke up	Time went to sleep	Time woke up	Time Went to sleep	Time woke up
Total sleep time		Total sleep time		Total sleep time		Total sleep time		Total sleep time	

**Please** keep this paper in a safe place so you can record when you went to sleep and when you woke up for a whole week. Return it to school next \_\_\_\_\_. We will use the information to make a graph.

# Bar Graph of My Sleeping Hours

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



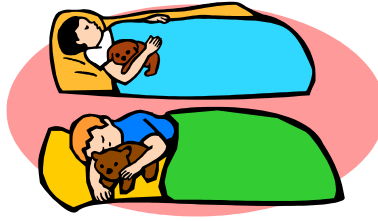
*Each block equals one hour of sleep	13				
	12				
	11				
	10				
	9				
	8				
	7				
	6				
	5				
	4				
	3				
	2				
	1				
	Monday	Tuesday	Wednesday	Thursday	Friday

Conclusion: \_\_\_\_\_

---

## My Sleep Habits

# Journal Writing Checklist



\_\_\_\_\_ Title: My Sleep Habits

\_\_\_\_\_ Picture drawn and colored

\_\_\_\_\_ 3 sentences about data collected from bar graph on sleep habits two to include:

Our bodies require sleep for energy.  
Sleep habits are healthy or unhealthy.

## Class Graph Total Sleeping Hours

*Each block stands for the number of students								
		20 Hours Or Less	30 Hours Or Less	40 Hour or Less	50 Hours Or Less	60 Hours or Less	70 Hours Or Less	80 Hours Or Less

*(This graph should be put on chart paper to hang in the room for students to see.)*

**Conclusion:** \_\_\_\_\_

\_\_\_\_\_