Sleep Tracking

Dear Parent/Guardian,

We are encouraging children in class to track their own sleep, and their parents' sleep for 2 full weeks.

This activity is a leadership role opportunity for your child, and a chance for you to model healthy sleep behaviours for the whole family. Adults should get 7-9 hours of sleep per night,[1] and children aged 5-13 years should get 9-11 hours of uninterrupted sleep per night.[2]

Here is how you and your child can participate:

1. On day 1, have your child record the time you go to bed, and the time that they go to bed in the **tracking sheet** (attached).
2. When your child wakes up, they will record the time that you woke up, and the time they woke up. They can then calculate how many hours of sleep each of you got.
3. Track every day for 2 weeks and see how many nights you can both get the recommended amount of sleep!

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[1] Sleep Foundation Guidelines
[2] CSEP guidelines

Sleep Tracking Sheet

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 (Child)	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:
	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:
	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:
Week 1 (Parent/ Guardian)	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:
	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:
	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:

Week 2 (child)	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:
	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:
	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:
Week 2 (parent/ Guardian)	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:	Time to Bed:
	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:	Time awake:
	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours:	Total Hours: