Sleep Log

Each day fill in how many hours of sleep you had that night. The American Academy of Sleep Medicine recommends that children from ages 6 – 12 have 9 to 12 hours of sleep each night. Teenagers age 13 – 18 years should have 8 to 10 hours of sleep each night.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Week 1 |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |