



For most of us, our schedules on weekdays look very different than the weekends. On weekends, we don't have to go to school or work and can wake up without an alarm. Scientists study the difference between our schedules on weekdays and weekends, this is called "social jet lag". Since we don't have to spend most of our day at school or work, the weekends are a time to sleep in and relax before Monday comes again.

Keep track of your wake and bed times for the week to see how much you sleep on weekdays versus weekends!

My Personal Sleep Log

	What time did you go to sleep last night ?	What time did you wake up this morning ?	How many hours of sleep did you get last night?
Monday	___:___ PM	___:___ AM	_____ HRS
Tuesday	___:___ PM	___:___ AM	_____ HRS
Wednesday	___:___ PM	___:___ AM	_____ HRS
Thursday	___:___ PM	___:___ AM	_____ HRS
Friday	___:___ PM	___:___ AM	_____ HRS
Saturday	___:___ PM	___:___ AM	_____ HRS
Sunday	___:___ PM	___:___ AM	_____ HRS

Average number of sleep per night during the week: _____ hours

Average number of sleep per night on school days: _____ hours

Average number of sleep per night on the weekend: _____ hours