



Sleep Tracker

A good night's sleep is really important for your overall health and wellbeing. You should be getting 10-11 hours of sleep every night!

You can use this chart to track whether you are getting enough sleep. What time did you go to sleep last night? Find the time on the left of the chart. What time did you wake up today? Find the time along the top. By tracing your finger and meeting in the middle you can see if you have been getting enough sleep.

Time I went to sleep	Time I got up					
	5am	6am	7am	8am	9am	10am
6pm	11	12	13	14	15	16
7pm	10	11	12	13	14	15
8pm	9	10	11	12	13	14
9pm	8	9	10	11	12	13
10pm	7	8	9	10	11	12
11pm	6	7	8	9	10	11
12am	5	6	7	8	9	10
1am	4	5	6	7	8	9

Remember to put away your electronic devices at least an hour before bedtime so that your body is ready to sleep.



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