



My sleep tracker

Main message

Get 9-12 (kids) or 8-10 (teens) hours of sleep every night.

A	B	C	D	E
Day/date	Wind down	Time to bed	Time out of bed next day	Hours of sleep
Example Wednesday 3 / 8 / 17	Wind down start time: <u>8:00</u> <u>p.m.</u> (a.m. or p.m.) <input checked="" type="checkbox"/> Turn off all screens* at least 30 minutes before bedtime <input type="checkbox"/> Relax <input checked="" type="checkbox"/> Get ready for bed	<u>9:00</u> <input type="checkbox"/> a.m. <input checked="" type="checkbox"/> p.m.	<u>6:30</u> <input checked="" type="checkbox"/> a.m. <input type="checkbox"/> p.m.	9 1/2
_____ ____ / ____ / ____	Wind down start time: ____ : ____ ____ (a.m. or p.m.) <input type="checkbox"/> Turn off all screens* at least 30 minutes before bedtime <input type="checkbox"/> Relax <input type="checkbox"/> Get ready for bed	____ : ____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.	____ : ____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.	
_____ ____ / ____ / ____	Wind down start time: ____ : ____ ____ (a.m. or p.m.) <input type="checkbox"/> Turn off all screens* at least 30 minutes before bedtime <input type="checkbox"/> Relax <input type="checkbox"/> Get ready for bed	____ : ____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.	____ : ____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.	
_____ ____ / ____ / ____	Wind down start time: ____ : ____ ____ (a.m. or p.m.) <input type="checkbox"/> Turn off all screens* at least 30 minutes before bedtime <input type="checkbox"/> Relax <input type="checkbox"/> Get ready for bed	____ : ____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.	____ : ____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.	

Select your responses

Did I turn off all screens* at least 30 minutes before bedtime?

Always Mostly Sometimes Never

Did I relax for at least 30 minutes before bedtime?

Always Mostly Sometimes Never

Did I get 9-12 (kids) or 8-10 (teens) hours of sleep?

Always Mostly Sometimes Never

*Screens include television, cell phone, tablet, and computer.

