

Number of hours I slept each night

More than 12							
12							
11							
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
	Wed	Thur	Fri	Sat	Sun	Mon	Tues

Days of the week

My sleep diary — — Name \_\_\_\_\_

Who had the longest amount of sleep this week?

How many hours?

Who had the least amount of sleep this week?

How many hours?