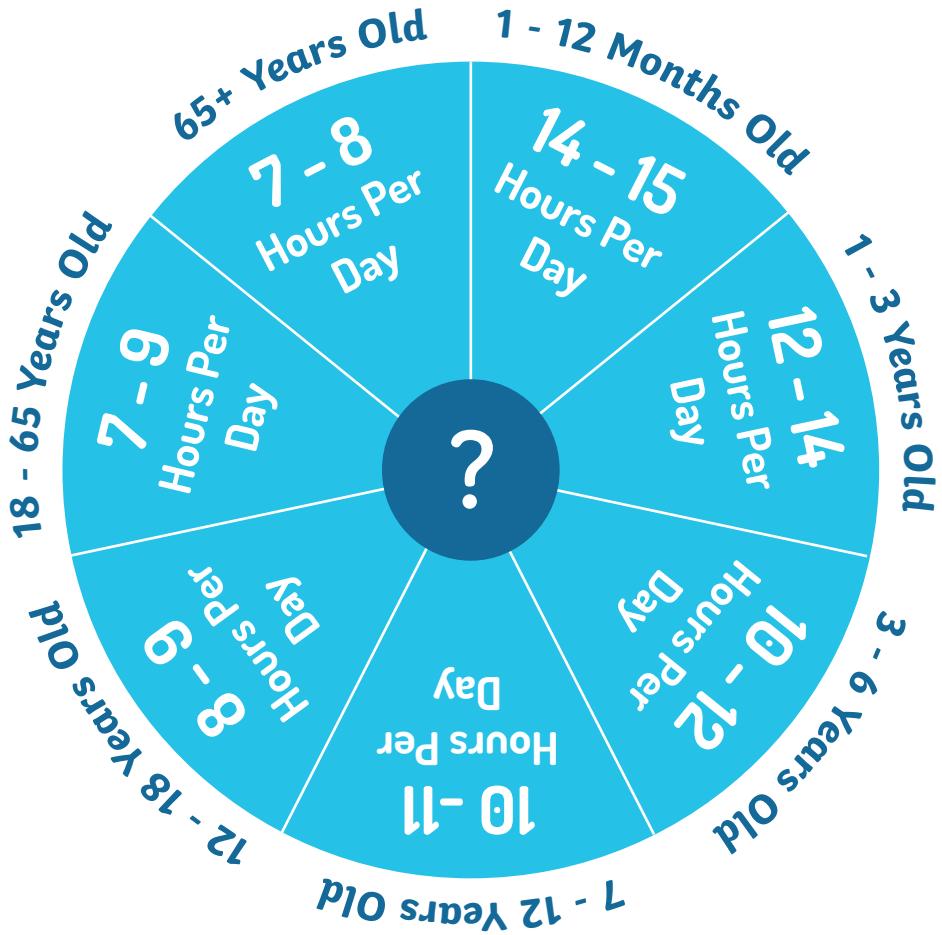
My Sleep Tracker

How did you sleep last night?

Getting the right amount of sleep is really important because it gives our bodies a chance to rest, grow and develop. How much sleep you need will probably be different to how much your siblings, friends and parents need.

You could use this chart to work out how much sleep you might need depending on your age.



Age:

Hours of sleep:

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My Sleep Tracker

Now you can use these pages to track your sleep!

First, create your key. Which colours will you use?

You can choose how to use your key. For example, yellow could be six hours of sleep or it could be 'I slept quite well'. Don't forget to make a note of what each colour means to you.

Key:

When you wake up in the morning, use your key to colour one of the Sleep Trackers on the next page. There are 3 to choose from, you can pick your favourite design.

There are spaces for you to write notes too. You might find it useful to add notes about:

- what time you went to bed and woke up
- what you did before you went to bed
- what you had for supper
- how you were feeling at bedtime
- whether it is a school day, weekend or holiday

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as medical advice. As medical information is situation-specific and can change, we do not warrant that the information provided is correct. You and your children should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your health or the health of your children.

My Sleep Tracker

How did I sleep?

the sleep charity

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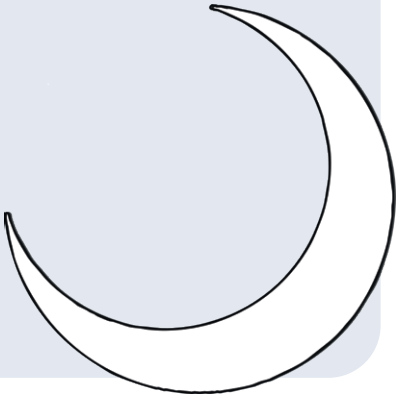
Notes



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My Sleep Tracker

How did I sleep?

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Notes

My Sleep Tracker

How did I sleep?

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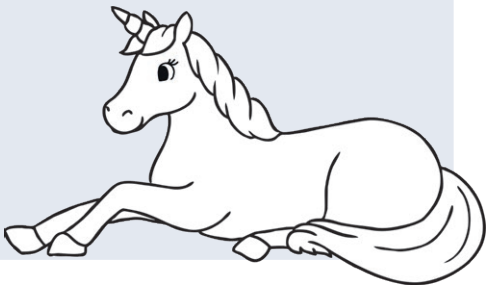
Notes



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