

Sleep Chart

Fill in the chart below over one week to log your bedtime routine and the amount of sleep you get each night. At the end of the week, you can look back and think about whether you had a better night's sleep on some nights, whether your routine varied over the week and how your sleep affected you the following day.



Day	Bedtime Routine	Amount of Sleep	How I Felt the Next Day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).