

Sleep



What You'll Need:

- 2 Sleep Tracking Logs

Note: These can be found on your "What you Discovered" worksheet below or you can make your own in a notebook or on a piece of paper.

- 1 pen or pencil



What You'll Do:

1. For this activity you will be tracking your sleeping habits for two weeks to see if you can help your sleep. To get started, answer questions 1 and 2 on your "What You Discovered" worksheet.
2. Before going to bed on day 1 of your first week, write down the date and what time you are going to bed in the chart on your worksheet.
3. In the morning, fill in the rest of the information for day 1. This includes what time you woke up, the number of hours you slept, and how well you slept. *Note: In order to make the information in your chart as accurate as possible, you will want to write down this data as close to when you woke up as possible.*
4. Repeat steps 2 and 3 for the rest of the week.
5. Now that you have finished your first week of the experiment, examine your chart data and take time to answer questions 4-6.
6. Keeping your data in mind, decide how you will change your sleep routine in order to make better sleeping habits. This can include reading a book before bed, writing in a journal, or diffusing a calming essential oil such as dōTERRA Serenity®, Lavender, Bergamot, Vetiver, or Roman Chamomile.
7. Write down what you are going to do to improve your sleeping habits under question 7 on your worksheet.
8. Before going to bed on day 1 of your second week, write down the date and what time you are going to bed in the chart on your worksheet.
9. In the morning, fill in the rest of the information for day 1 of the second week.
10. Repeat steps 8 and 9 for the rest of the week.
11. Take a moment to review your results. Make sure to finish your worksheet by answering questions 9 and 10 on the worksheet.



What Does It Mean?

Sleep plays an important role in your health. Not getting enough sleep can lead to issues with your ability to remember what you did in a day, your body's immune system, and your ability to focus in class. Not only does taking the time to improve your sleep habits keep you from feeling tired, but it can also help improve your overall health and wellness.



What to Do Next:

- Try the experiment again, but this time try a different new sleeping habit. For example, if you tried writing in your journal before bed, now try diffusing calming essential oils before bed.
- With the help and permission of your parents, post pictures of your Sleep Tracking Logs on Facebook or Instagram and make sure to tag @doterrascience or use the hashtags #doterrascience and #doterrascienceforkids.



What You Discovered:

As part of your sleep experiment, answer the questions below.

1. What is your current bedtime routine? Do you take time to unwind or do you just hurry and jump into bed?

2. About how many hours of sleep do you think you get each night?

3. Record the amount of sleep you get each night for a week in the chart below, taking time to fill in each box.

Note: In the "Quality of Sleep" column, take time to describe your sleep. You can share things like: Did you fall asleep quickly or stay awake for a while after you went to bed? Did you sleep peacefully or did you toss and turn?

	Date	Time You Went to Sleep	Time You Woke Up	Total Hours of Sleep	Quality of Sleep
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

4. How many hours of sleep did you usually get each night over the course of week one?

5. Did you get as much sleep as you predicted?

6. How was your quality of sleep? Did you sleep peacefully most nights or did you have trouble sleeping?

7. What are you going to change in order to improve your sleeping habits?

8. Record the amount of sleep you get each night for week two in the chart below, taking time to fill in each box:

	Date	Time You Went to Sleep	Time You Woke Up	Total Hours of Sleep	Quality of Sleep
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

9. From week one to week two, did the amount of sleep you got each night increase or decrease?

10. From week one to week two, did your quality sleep improve? If it improved, describe how.
