



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Went to sleep	10 pm	11 pm					
Woke up	6 am	6.30 am					
Hours asleep	8 hours	7.5 hours					
Hours of sleep this week	8 hours	+7.5 =15.5 hours					

Can you see how it works?

What other information could you get from using this chart? Can you work out the average amount of sleep you need each night?

Use the button (top right corner) to close this window and return to the topic 'Sleep'.