

How Much **SLEEP** are you *actually* getting?

Some days you wake up feeling rested and recharged, while other days you feel like hitting the snooze button over and over again.

This may be due to the amount of sleep you are getting each night.

The National Sleep Foundation recommends between 6 to 8 hours of sleep per night.

Do you know how many hours of sleep you get each night? Let's find out!

For the next week, fill out the table below. Try to go to bed at the same time each night, and early enough so that you get at least 7 hours of restful sleep.

What time did you go to bed? How many hours of sleep did you get? How did you feel when waking up?

What time did you go to bed?	How many hours of sleep did you get?	How did you feel when waking up?



Name: _____
Email: _____
Location: _____

Submit to NMPSIA.wellness@phs.org by March 31, 2023 to be entered in to win a prize!

