Reflection #7: Seven Days of Sleep

For this assignment, you will be monitoring your sleeping habits. I’m not expecting you to make any changes, I’m just looking for you to be more aware of your sleeping habits, and perhaps identify what might be getting in the way of you feeling rested. For the next 7 days, I would like you to try and fill out the following chart. At the end of the 7 days, please respond to summary questions. Save this word document as a PDF, and post it on the Reflection page of your ePortfolio, under the heading “My 7 Days of Sleep”.

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| Date | Bedtime/Wake up | When did you last look at a device? | Sleep Quality (did you wake up? Toss/turn? Did it take you long to fall asleep? | Did you dream?(Y/N) | 20 minutes after you got up, how did you feel? | Comments |
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Questions:

1. Are you surprised with your results? Explain.
2. How many nights did you recall dreaming? What might that say about the quality of your sleep? *Hint – in which stage of sleep do dreams occur?*
3. Given that we are no longer “going TO school”, how does your sleep for the last 7 days compare to the sleep you got before the pandemic had us all at home?
4. Consider the PBS video we watched in class, the Adolescence Sleep Update article by Dr. Wolfram, and your sleep data. Considering a “normal” school environment, how does school start time affect your sleep? Do you notice a difference in how you felt on the late start Mondays we started this year?
5. How do you think you could improve your sleep? Provide at least 3 ideas.