

**E-Portfolio**

**EN202-01 Joanne Orosco**

**Academic Research**



# Proposal Essay

Running Head: SLEEP HABIT AMONG NMC STUDENTS

How Do Sleep Habits Affect NMC College Students' Academic Performances?

Juanne Orsco

Northern Marianas College

ENGL-01

Dr. Kimberly Burns-Andersen

October 6, 2018

Persuasive Essay Final Draft

SLEEP HABIT AMONG NMC STUDENTS

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Let's face it, the last thing that comes in college students' minds is having seven to eight hours of sleep. Students tend to pull all-nighters to give them time to study, but it is not good for them (Brody, 2018). The importance of sleep is an issue that many college students do not take consideration of (Rood, 2018). Bad sleeping habits can result to sleepiness and other negative consequences (Chervin & Herdener, 2014). Sleep habits can vary among Northern Marianas College students. Working students may have different sleep patterns in comparison non-working students. The sleep patterns of working students and non-working students may have a potential affect on their academic performance. The secret of succeeding college is to have enough sleep (Smith & Swift, 2006). This persuasive essay proposes a study to look at how sleep habits (sleep patterns) affect NMC students' health and how they fraction when it relates to academic performances following by presenting literature availability, methodology, and writing and a research schedule.

The student researcher proposes a study looking at sleep habits of NMC working and non-working students and how it can affect their academics. An experiment will be form of having a group of six NMC college students consist of friends with different academic majors using a 7-day journal template found from an online source. The 7-day journal that will be used will keep track of their sleep patterns, sleep quality, and their academic performance. The student will also propose a ten-question survey with approximately 40 NMC students seeking information concerning their sleep patterns and sleep quality during their weekdays and weekends. Another way the student plans to gather information for this research is to interview two Northern Marianas College instructors—Ms. Lisa Lunde (Health instructor), and Dr. Jim Kline (Psychology instructor)—to view their perspective of sleep habits in regards to their fields of studies of health and psychology. The student also plans to visit Pacific Sleep Center and

SLEEP HABIT AMONG NMC STUDENTS

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other health clinics to collect more useful data for their research topic. While doing those, the student will begin writing letters to experts and also contact psychiatrists (4), two from off-island and the other two that are in Saipan.

The student researcher plans to conduct the research, collect information in a span of seven weeks, analyze data throughout those weeks, and write the report in approximately six weeks. In addition, the student researcher proposes the following schedule below.

Weeks	Task
Week 1	Gather information regarding the topic. Begin experiments with groups of six NMC students
Week 2	Create interview questions and survey questions.
Week 3	Surveys and collect information from interview
Week 4	Surveys and experiment Begin interview with Dr. Kline and Ms. Lunde Begin contacting and writing to experts
Week 5	Collect more data from surveys and experiments Visit Sleep center and medical clinics
Week 6	Gather more survey and experiments data
Week 7 (Writing schedule began)	Collect enough data from sources and methodology
Week 8	Conclude data collection
Week 9	Begin first draft of proposal essay
Week 10	Revision

Week 11	Work on Final Draft and revise
Week 12	Revision
Week 13	Submission

As the weeks goes by, the student researcher will be revising their research paper to enhance the writing and research quality through NMC tutoring sessions and peer reviews for their final draft.

Throughout this research, the student will gather academic sources and non-academic sources. The student researcher has already found two literature sources and two non-academic sources that were accessed through Google Scholar, EBSCO, and online news articles. One of the literature sources is a journal titled, "Causes and Consequences of Sleepiness Among College Students". This literature source will be useful among the student's research study, because it explains the effectiveness and consequences of both healthy and unhealthy sleep habits to college students. It also explains the role of sleep and some of the negative consequences of sleep deprivation. Another source that will be used is an eBook accessed from EBSCO titled, "The Smart Student's Guide to Healthy Living: How to Survive Stress, Late Nights, and the College Cafeteria". This eBook will be a helpful source because there is a chapter that mainly focuses on sleep and why it matters especially to students.

In conclusion, the student researcher has planned her literature and has access to gather more information by conducting interviews, experiments, surveys, visiting sleep center and writing to experts. The student researcher believes that she can do this research project in a span of 12 weeks by all the sources she planned in this persuasive essay. From her experience of sleep habits, the student researcher will be able to view other NMC students experiences also expand her knowledge of sleep and its importance from different perspectives.

## References

- Brody, J. E. (2018, August 14). *An Unusual Key to College Success: Sleep*. Retrieved September 25, 2018, from New York Times.
- Charvin, R. D., & Herdner, S. D. (2014, June 25). *Causes and consequences of sleepiness*, 1-12. Retrieved October 6, 2018, from <http://dx.doi.org/10.2147/NSS.S62907>
- Reed, D. (2018, February 23). Retrieved September 25, 2018, from Study Breaks: <https://studybreaks.com/college/deep-3/>
- Smith, M., & Smith, F. (2006). In *The Smart Student's Guide to Healthy Living: How to Survive Stress, Late Nights, and the College Cafeteria* (pp. 130-136). Retrieved October 6, 2018, from <http://search.ebscohost.com/login.aspx?direct=true&db=nlb&AN=810488&site=ehost-live>



Joanne Orasco  
EN202-01

Dr. Kimberly Bunts-Anderson

Note Taking Sheet: Reading # \_\_|\_\_

Course EN COURSE NAME \_\_EN202\_\_ Section \_\_01\_\_

1. Author's Name: Bruce Ballenger
2. Author's Credentials: Professor of English
3. Publisher [or title of organization]: Pearson
4. Heading of Section [title of reading]: Finding Quality Sources, Finding Experts
5. Year Written: 2014
6. Pages: 59-66, 83-84
7. Website URL:

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> <li>Finding literatures</li> </ul>	<ul style="list-style-type: none"> <li>"Favor governmental and educational sources over commercial ones"</li> </ul>	<ul style="list-style-type: none"> <li>Commercial sites have .com while educational sources have .gov, .org, or .edu</li> </ul>	<ul style="list-style-type: none"> <li>It helped the student find peer reviewed studies from different universities about college students sleep habits</li> </ul>

Main Ideas/Points	Important Quotations	Supporting Details	Reference to Your Assignment
<ul style="list-style-type: none"> <li>Finding Experts</li> </ul>	<ul style="list-style-type: none"> <li>"Check your sources"</li> <li>"Ask your friends and instructors"</li> <li>"Check the internet"</li> </ul>	<ul style="list-style-type: none"> <li>When checking your sources, check the authors and note affiliations</li> <li>Your friends and instructors may know people that works in your subject area that would do an interview</li> </ul>	<ul style="list-style-type: none"> <li>It helps the student find experts that would like to add on more information to her study about sleep habits</li> </ul>

In this article, is it possible that any of the authors might have a bias about the subject matter? No

Is the article timely or a bit outdated? No

Was it published in a reputable source? Yes

Is it not an academic source? No

Other important information: This book gives an overall guide to writing research papers. It is very helpful for those that are planning to write research papers in academic writing classes.

# Reading Notes

Joanne Orosco

EN202-01

Dr. Kimberly Baums-Andresen

Note Taking Sheet: Reading # 2

Course EN COURSE NAME EN202 Section 01

1. Author's Name: Jane E. Brody
2. Author's Credentials: Personal Health columnist for The New York Times
3. Publisher (or title of organization): The New York Times
4. Heading of Section (title of reading): An Underappreciated Key to College Success: Sleep
5. Year Written: Aug. 13, 2018
6. Pages: 1
7. Website URL: <https://www.nytimes.com/2018/08/13/well/health/underappreciated-key-to-college-success-sleep.html>

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"><li>• Importance of Sleep among college students</li></ul>	<ul style="list-style-type: none"><li>• "One in every three or four students, nationally fails to graduate," Dr. Prichard said in an interview. "If their sleep were improved, their likelihood of graduating would too."</li></ul>	<ul style="list-style-type: none"><li>• A professor named Dr. Prichard mentioned that sleep habits of college students represent "a major public health crisis" that institutions pay less attention to.</li></ul>	<ul style="list-style-type: none"><li>• Give an overview of ideas about sleep issues among college students</li></ul>

	Nothing gets worse with better sleep, and a lot of things get better."		
Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"><li>• Tips to secure a good night sleep</li></ul>	<ul style="list-style-type: none"><li>• "Go to bed and get up every day at approximately the same time, weekends included."</li><li>• "Avoid foods and drinks that contain caffeine and any medication with stimulant effects at least three hours before bedtime."</li><li>• "Don't stay up late to cram for an exam or finish homework. If</li></ul>	<ul style="list-style-type: none"><li>• Practicing good sleep hygiene can assure eventual night's sleep</li></ul>	<ul style="list-style-type: none"><li>• Useful as background information regarding college students' sleep hygiene.</li></ul>

	your outside activities are too time-consuming, try to cut back on those that are expendable."		
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In this article, is it possible that any of the authors might have a bias about the subject matter? Probably

Is the article timely or a bit outdated? No

Was it published in a reputable source? Yes

Is it not an academic source? Yes

Other important information: This article from The New York Times informs the readers of an issue of college students sleep and its importance.

Joanne Orsco  
EN202-01

Dr. Kimberly Batts-Anderson

Note Taking Sheet: Reading # \_\_3\_\_

Course EN COURSE NAME \_\_EN202\_\_ Section \_\_1\_\_

1. Author's Name: Daniel Reed
2. Author's Credentials: Press Release
3. Publisher (or title of organization): Study Breaks
4. Heading of Section (title of reading): Why College Students Need More Sleep Than Ever
5. Year Written: 2018
6. Pages: n/a
7. Website URL: <https://studybreaks.com/college/sleep-3/>

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> <li>• Sleep deprivation</li> <li>• Ability to learn</li> <li>• Stress Levels</li> </ul>	<ul style="list-style-type: none"> <li>• "Sleep deprivation can lead to severe memory lapses and information that was easy to recall to the forefront of the mind is absent."</li> <li>• "A person who doesn't sleep throughout the night or sleep for the</li> </ul>	<ul style="list-style-type: none"> <li>• College students that miss to absorb information will have a hard time retaining that information.</li> <li>• It will be difficult for students to keep track of assignments</li> </ul>	<ul style="list-style-type: none"> <li>• It talks about the negative effects of lack of sleep.</li> </ul>

	recommends seven to nine hours will lose their ability to adapt stress from entering their life through everyday activities"	ms without controlling their stress level.	
Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> <li>• Reaction time</li> <li>• Worse Physical Health</li> </ul>	<ul style="list-style-type: none"> <li>• "Reaction time is slowed down to the point you can see a potential hazard, rather physically or conversationally, arise but you are unable to do anything about it."</li> <li>• "Without the energy to engage in physical activity and</li> </ul>	<ul style="list-style-type: none"> <li>• Students are likely to get sick if they take good care of their health.</li> </ul>	It talks about the damages that can be made to college students' cognitive functions and immune system.

	the opportunity to create good, long-lasting energy, a student will find themselves feeling run down due to the lack of sleep."		
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In this article, is it possible that any of the authors might have a bias about the subject matter? No

Is the article timely or a bit outdated? No

Was it published in a reputable source? No

Is it not an academic source? Yes

Other important information: none

Joanne Orsoco  
EN202-01

Dr. Kimberly Burns-Anderson

Note Taking Sheet: Reading # \_\_4\_\_

Course EN COURSE NAME: EN202 Section \_\_1\_\_

1. Author's Name: Franklin C. Brown PhD, Walter C. Buboltz Jr PhD & Barlow Soper PhD
2. Author's Credentials: Assistant Professor of Neurology; Chief, Division of Neuropsychology
3. Publisher [or title of organization]: Behavioral Medicine
4. Heading of Section [title of reading]: Relationship of Sleep Hygiene Awareness, Sleep Hygiene Practices, and Sleep Quality in University Students
5. Year Written: 2002
6. Pages: 33-38
7. Website URL: <http://dx.doi.org/10.1080/08964280209596396>

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> <li>• Sleep Hygiene Practices</li> </ul>	<ul style="list-style-type: none"> <li>• "Even students who regularly obtain 8 hours of sleep per night but shift their sleep schedule by more than hours may experience attention.</li> </ul>	<ul style="list-style-type: none"> <li>• The research is encouraging students to avoid distractions when sleeping to reduce noise environments for improving their</li> </ul>	<ul style="list-style-type: none"> <li>• It highlights facts of sleep hygiene and sleep qualities of college students in a university</li> </ul>

	<p>concentration, reasoning, and psychomotor difficulties</p> <ul style="list-style-type: none"> <li>• "Waking at the same time each day is a key ingredient in sleep hygiene practices, a commonly used intervention to improve sleep quality."</li> </ul>	<p>sleep hygiene.</p>	
Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> <li>• Sleep Quality</li> </ul>	<ul style="list-style-type: none"> <li>• "Students with early classes during the week had greater sleep-wake variations than those whose classes were later in the day."</li> </ul>	<ul style="list-style-type: none"> <li>• It is said that this may be a contributing factor to poor sleep qualities.</li> <li>• Researchers mentioned to reduce the use</li> </ul>	<ul style="list-style-type: none"> <li>• This study has findings that I can use among NMC students for my research topic.</li> </ul>

		<p>of caffeine or alcohol to improve sleep quality.</p>	
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In this article, is it possible that any of the authors might have a bias about the subject matter? No

Is the article timely or a bit outdated? Yes

Was it published in a reputable source? Yes

It is not an academic source? No

Other important information: This is a research study tested among college students in a mid-sized university in the southeastern United States



Joanne Orosco  
EN202-01

Dr. Kimberly Bunts-Anderson

Note Taking Sheet: Reading # 5

Course EN COURSE NAME EN202 Section 1

1. Author's Name: Megan L. Herrmann, Athena K. Palmer, Morgan F. Sechrist & Sam Abraham

2. Author's Credentials:

3. Publisher [or title of organization]: July Press

4. Heading of Section [title of reading]: College Students' Sleep Habits and Their Perceptions Regarding Its Effects on Quality of Life

5. Year Written: 2018

6. Pages: 7-13

7. Website URL: <http://dx.doi.org/10.20849/wjns.v3i2.297>

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> <li>Technology before bed</li> </ul>	<ul style="list-style-type: none"> <li>Regardless of the extensive use of technology before bed, a significant number of participants claimed they wake up at a consistent time in the morning.</li> </ul>		<ul style="list-style-type: none"> <li>This study has findings that I can test among NMC students for my research topic.</li> </ul>

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> <li>Caffeine affecting sleep habits</li> </ul>	<ul style="list-style-type: none"> <li>The participants overwhelmingly disagreed that caffeine negatively affected their sleep habits.</li> </ul>		<ul style="list-style-type: none"> <li>This study has findings that I can test among NMC students for my research topic.</li> </ul>

In this article, is it possible that any of the authors might have a bias about the subject matter? No

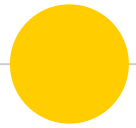
Is the article timely or a bit outdated? No

Was it published in a reputable source? Yes

Is it not an academic source? No

Other important information: This is a research study tested among college students in a Christian college mid-western region of the United States.





# Appendices

Appendix A-D

# Survey Questions

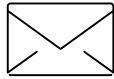
## "Sleep Habits and Academic Performance of NMC Students" Survey Questions

1. Student Information
  - a. Gender:
  - b. Age:
  - c. Ethnicity (*Chamorro, Filipino, Chinese, etc.*)
  - d. Current Major(s):
  - e. Credential Level (*Freshman, Sophomore, Junior, Senior*):
  - f. Are you a working student or a non-working student?  
(*If you are a working student, how many hours do you work?*)
2. General Sleep Information:
  - a. How long does it usually take for you to fall asleep? (*about 5 mins, 10 mins, etc.*)
  - b. How many hours of sleep do you typically get before your first class each week? (*Ex. Sunday night before Monday's first class...*)
  - c. What time do you typically go to bed before your first class of the week?
  - d. What time is your first class of the week? (*ex. 8:00 AM on M-W*)
3. How do you rate the quality of your sleep at the first day of your classes each week and throughout the week?  
(1 - Very well rested (*Alert at work/school*)) (5 - Average (*Neither alert or sleepy*))  
(10 - Poor sleep (*Sleep deprived*))  
☆☆☆☆☆☆☆☆☆☆  
Would you say typically you feel tired during the week? (explanation would be helpful)
4. How many hours of sleep do you normally get during:
  - a. Class days \_\_\_\_\_
  - b. Weekends \_\_\_\_\_
5. On average, how much time do you spend working on class assignments each day?
  - a. Less than 30 minutes
  - b. 1 - 2 hours
  - c. 2 - 4 hours
  - d. 4 - 6 hours
  - e. More than 6 hours

- a. 2 - 4 hours
  - b. 4 - 6 hours
  - c. More than 6 hours
6. How often do you pull an all-nighter?  
(Always) (Usually) (Sometimes) (Rarely) (Never) (N/A)
    - a. Regular Class Days
    - b. Quiz or Test Week
    - c. Mid-Term Week
    - d. Final Exam Week
  7. The number of hours I \_\_\_\_\_ affects the amount of sleep I get  
(Strongly agree) (Agree) (Neither agree nor disagree) (Disagree) (Strongly Disagree) (N/A)
    - a. Work: \_\_\_\_\_
    - b. Study: \_\_\_\_\_
  8. How often during the following week:  
(1) - never or almost never; (2) - once or twice a week; (3) - 3 to 5 days/night a week; (4) - almost everyday:
    1. Do you go to bed at an irregular time (*later than usual*) at night?
    2. Do you have difficulty in getting to sleep at night?
    3. Do you take naps?
    4. Do you consume stimulants (*coffee, tea*) to stay awake in class?
    5. Do you feel daytime sleepiness?
    6. Do you feel excessive sleepiness during class lectures?
    7. Do you have trouble listening/paying attention (during lectures)?A. Do you feel excessive sleepiness during individual study times?
  9. Evaluate the followings:  
(Very satisfied) (Satisfied) (Neither satisfied nor dissatisfied) (Dissatisfied) (Very Dissatisfied)
    - a. How would you rate your sleep quality?
    - b. How would you evaluate your sleep quality before a test/exam?
    - c. How would you rate your academic progress?
  10. What are some factors that causes the changes in your sleep schedule?
    - a. There are no problems with my sleep schedule.
    - b. Sleep on weekends, caffeine, etc.: \_\_\_\_\_







# Letters to Experts

February 25, 2019

Dr. Colin Eagan  
Professor of Sleep Medicine  
colin.eagan@unlv.edu

Dear Dr. Eagan,

My name is Joanne Orsoco. I am an English composition student at Northern Marianas College (NMC) in Saipan, and I am writing this letter to request your assistance with a research project on a topic of sleep habits and academic performances among college students. With your expertise on sleep studies, I would like to ask you a few questions. These questions should only take a few minutes of your time. I would be very happy if you got the time to answer a small questionnaire below. I would like to thank you in advance, for any time you may provide in assisting me with this project.

Best Regards,

Joanne Orsoco  
[joanne.orsoco@nmc.marianas.edu](mailto:joanne.orsoco@nmc.marianas.edu)

#### Questionnaires

1. In your opinion, what is the relationship between sleep quantity and academic performance?
2. From your experience with sleep studies, what are the variables or factors that can lead to poor sleep habits or qualities?
3. Through your experience with sleep studies, what is the most important thing college students should know or understand about their sleep habits?

February 25, 2019

Dr. Whitney Robus, Ph.D.  
Family Sleep Specialist  
whitney@sleepwellworkwell.com

Dear Dr. Robus,

My name is Joanne Orsoco. I am an English composition student at Northern Marianas College (NMC) in Saipan, and I am writing this letter to request your assistance with a research project on a topic of sleep habits and academic performances among college students. With your expertise on sleep studies, I would like to ask you a few questions. These questions should only take a few minutes of your time. I would be very happy if you got the time to answer a small questionnaire below. I would like to thank you in advance, for any time you may provide in assisting me with this project.

Best Regards,

Joanne Orsoco  
[joanne.orsoco@nmc.marianas.edu](mailto:joanne.orsoco@nmc.marianas.edu)

#### Questionnaires

1. In your opinion, what is the relationship between sleep quantity and academic performance?
2. From your experience with sleep studies, what are the variables or factors that can lead to poor sleep habits or qualities?
3. Through your experience with sleep studies, what is the most important thing college students should know or understand about their sleep habits?

February 25, 2019

Matthew P. Walker  
Assistant Professor of Psychology  
mpwalker@berkeley.edu

Dear Dr. Walker,

My name is Joanne Orsoco. I am an English composition student at Northern Marianas College (NMC) in Saipan, and I am writing this letter to request your assistance with a research project on a topic of sleep habits and academic performances among college students. With your expertise on sleep and learning I would like to ask you a few questions. These questions should only take a few minutes of your time. I would be very happy if you got the time to answer a small questionnaire below. I would like to thank you in advance, for any time you may provide in assisting me with this project.

Best Regards,

Joanne Orsoco  
[joanne.orsoco@nmc.marianas.edu](mailto:joanne.orsoco@nmc.marianas.edu)

#### Questionnaires

1. In your opinion, what is the relationship between sleep quantity and academic performance?
2. From your experience with sleep and learning, what are the variables or factors that can lead to poor sleep habits or qualities?
3. Through your experience with sleep and learning, what is the most important thing college students should know or understand about their sleep habits?

# Sleep Diaries

## Participant A

How much do I sleep each night and does it fall within the recommended range for my age?

Instructions:

1. Record the time you went to sleep and what time you woke.
2. Calculate the number of hours you slept.
3. Work out if the amount you slept fell within the recommended range for your age.
4. If your sleep didn't fall within the sleep range, calculate how much sleep time you missed.
5. Calculate your total lost sleep (sleep debt) for the week by adding up the daily sleep lost time.

	Day 1	2	3	4	5	6	7
I went to sleep at...	19:20pm	12:20am	11:40pm	18:00pm	3:00am	12:00am	10:00pm
I woke up at...	7:00am 7:00am	7:40am	8:30am	4:30am	9:00am	6:30am	7:00am
Total sleep:	7 hrs 10 mins 35mins	6hrs	6hrs	6hrs	7hrs	6hrs & 30mins	7hrs
Within the range for your age? Yes or no	no	no	no	no	no	no	no
Missed out on sleep within the range for my age by:	10 mins						

My sleep debt total for the week is \_\_\_ hours \_\_\_ minutes

What patterns can you find? Write down your discoveries.

- Did you go to bed at the same time each night? If not, why not?
- Did you wake up at the same time each morning? If not, why not?
- Are your bedtimes and wake times different on school days and non-school days? If yes, how come?

What are my energy levels like during the day? Record your energy levels and any naps.

	1 No energy	2 Low energy	3 Average energy	4 High energy	5 Very high energy		
Day	1	2	3	4	5	6	7
Energy level rating	1	1	1	1	1	1	4
Any naps? If yes, how long and at what time?							

## Participant B

How much do I sleep each night and does it fall within the recommended range for my age?

Instructions:

1. Record the time you went to sleep and what time you woke.
2. Calculate the number of hours you slept.
3. Work out if the amount you slept fell within the recommended range for your age.
4. If your sleep didn't fall within the sleep range, calculate how much sleep time you missed.
5. Calculate your total lost sleep (sleep debt) for the week by adding up the daily sleep lost time.

	Day 1 10/3/18	2 10/4/18	3 10/5/18	4 10/6/18	5 10/7/18	6 10/8/18	7 10/9/18
I went to sleep at...	11:30pm	11:30pm	11:30pm	12:40pm	12:50pm	1:00am	11:30pm
I woke up at...	7:00am 6:45am	6:50am	6:50am	6:50am	6:50am	8:12am	6:55am
Total sleep:	7 hrs 10 mins	7 hrs	7hrs	6hrs	6hrs	7hrs	7hrs
Within the range for your age? Yes or no	no	yes	yes	yes	yes		
Missed out on sleep within the range for my age by:	10 mins						

My sleep debt total for the week is \_\_\_ hours \_\_\_ minutes

What patterns can you find? Write down your discoveries.

- Did you go to bed at the same time each night? If not, why not?
- Did you wake up at the same time each morning? If not, why not?
- Are your bedtimes and wake times different on school days and non-school days? If yes, how come?

What are my energy levels like during the day? Record your energy levels and any naps.

	1 No energy	2 Low energy	3 Average energy	4 High energy	5 Very high energy		
Day	1	2	3	4	5	6	7
Energy level rating	1	1	1	1	1	1	1
Any naps? If yes, how long and at what time?	no	no	no	no	no	no	no

## Participant C

How much do I sleep each night and does it fall within the recommended range for my age?

Instructions:

1. Record the time you went to sleep and what time you woke.
2. Calculate the number of hours you slept.
3. Work out if the amount you slept fell within the recommended range for your age.
4. If your sleep didn't fall within the sleep range, calculate how much sleep time you missed.
5. Calculate your total lost sleep (sleep debt) for the week by adding up the daily sleep loss time.

	Day 1	2	3	4	5	6	7
I went to sleep at...	11:00am 12:40am	6:45am	1:00am	2:15am	1:30am	12:15am	11:40pm
I woke up at...	7:00am 7:10am	7:45am	9:35am	9:45am	10:00am	7:45am	8:00am
Total sleep	7 hrs 8 hrs 7 hrs 4 hrs	6 hrs 30m	2 hrs 30m	7 hrs	8 hrs 30m	7 hrs	7 hrs
Within the range for your age? Yes or no	no	yes	no	yes	yes	yes	yes
Howed out on sleep within the range for my age by:	0 mins						

My sleep debt total for the week is \_\_\_ hours \_\_\_ minutes

What patterns can you find? Write down your discoveries.

- Did you go to bed at the same time each night? If not, why not?
- Did you wake up at the same time each morning? If not, why not?
- Are your bedtimes and wake times different on school days and non-school days? If yes, how come?

What are my energy levels like during the day? Record your energy levels and any naps.

	1	2	3	4	5		
	No energy	Low energy	Adequate energy	High energy	Very high energy		
Energy level rating	3	3	3	3	3	2	4
Any naps? If yes, how long and at what time?					Yes 2 hrs 6 mins		

## Participant D

How much do I sleep each night and does it fall within the recommended range for my age?

Instructions:

1. Record the time you went to sleep and what time you woke.
2. Calculate the number of hours you slept.
3. Work out if the amount you slept fell within the recommended range for your age.
4. If your sleep didn't fall within the sleep range, calculate how much sleep time you missed.
5. Calculate your total lost sleep (sleep debt) for the week by adding up the daily sleep loss time.

	Day 1	2	3	4	5	6	7
I went to sleep at...	11:00am	12:00am	1:00AM	1AM	1:00am	1:00am	2am
I woke up at...	6:00am	8:30am	6:30AM	7:30AM	7:00am	8:00AM	8:00am
Total sleep	7 hrs 10 hrs	6 hrs 10 hrs	5 hrs 10 hrs	6 hrs 10 hrs	5 hrs 10 hrs	7 hrs 10 hrs	5 hrs 10 hrs
Within the range for your age? Yes or no	yes	yes	no	no	no	yes	yes
Howed out on sleep within the range for my age by:	0	0	1 hrs 30m 4	2 hrs	2 hrs	0	2 hrs

My sleep debt total for the week is \_\_\_ hours \_\_\_ minutes

What patterns can you find? Write down your discoveries.

- Did you go to bed at the same time each night? If not, why not?  
No, because of the environment, sometimes I have late shift for work, and sometimes there are more home work for me to do.
- Did you wake up at the same time each morning? If not, why not?  
No, different work shifts, and class times.
- Are your bedtimes and wake times different on school days and non-school days? If yes, how come?  
Yes, I will sleep more when there is no class.

What are my energy levels like during the day? Record your energy levels and any naps.

	1	2	3	4	5
	No energy	Low energy	Adequate energy	High energy	Very high energy
Energy level rating	3	3	3	4	4
Any naps? If yes, how long and at what time?					