

Sleep Chart

Country:

Date :

School:

Grade:

Roots of Empathy Instructor's Name:

<i>Date</i>	<i>Time Fell Asleep</i>	<i>Time Woke Up</i>	<i># of Hours Slept</i>

Total # of hours of sleep
in 1 week: _____

Average # of hours of
sleep per night: _____