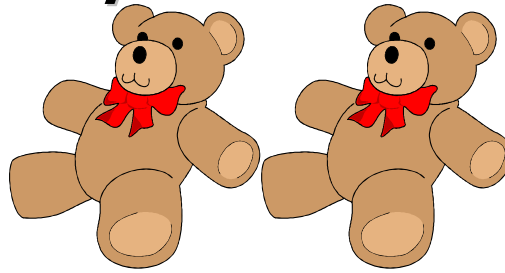


# ACES ONE WEEK

## Sleep Diary and Bedtime Activities



| Sleep Diary  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| Into bed at.....   |       |       |       |       |       |       |       |
| Lights out at.....   |       |       |       |       |       |       |       |
| Waking up time next day  |       |       |       |       |       |       |       |
| Number of hours I slept  |       |       |       |       |       |       |       |
| Which number are you?<br>When I got up I felt:<br>1 = not tired at all<br>2 = a little tired<br>3 = Really tired |       |       |       |       |       |       |       |

**Check off any of these activities that you did ONE HOUR before bed**

| Bedtime Activity     | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|----------------------|-------|-------|-------|-------|-------|-------|-------|
| Read a book          |       |       |       |       |       |       |       |
| Used the computer    |       |       |       |       |       |       |       |
| Play with toys/games |       |       |       |       |       |       |       |
| Did exercise/sport   |       |       |       |       |       |       |       |
| Watched TV           |       |       |       |       |       |       |       |
| Played video games   |       |       |       |       |       |       |       |
| Listened to music    |       |       |       |       |       |       |       |
| Had a snack          |       |       |       |       |       |       |       |
| Had a shower/bath    |       |       |       |       |       |       |       |
| Did my homework      |       |       |       |       |       |       |       |