

THE ONE-WEEK SLEEP CHALLENGE

Fill in the three daily boxes: the target for your bed time, if you accomplished your mission and the effect the extra sleep had.

	Day 1	Day 2	Day 3
<i>What time are you aiming to get into bed?</i>			
<i>What time did you actually get into bed?</i>			
<i>If you got extra sleep, were there any advantages to you for being more rested?</i>			

	Day 4	Day 5	Day 6	Day 7
<i>What time are you aiming to get into bed?</i>				
<i>What time did you actually get into bed?</i>				
<i>If you got extra sleep, were there any advantages to you for being more rested?</i>				