## Keep a Sleep Diary

Fill in data and observations about your sleep for five nights in a row (make sure to include one weekend night). Then, design a research question and hypothesis to test in Week 2.

<table>
<thead>
<tr>
<th>Sleep Diary</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>I consumed caffeine today. (Examples: soda, chocolate, tea, coffee, sports/energy drink)</td>
<td>Morning</td>
<td></td>
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<tr>
<td></td>
<td>Afternoon</td>
<td></td>
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<tr>
<td></td>
<td>Evening</td>
<td></td>
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<tr>
<td>I exercised for 20 or more minutes.</td>
<td>Morning</td>
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<tr>
<td></td>
<td>Afternoon</td>
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<tr>
<td></td>
<td>Evening</td>
<td></td>
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<tr>
<td>I took a nap today. Y/N</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>I felt tired today. Y/N</td>
<td>Morning</td>
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<td></td>
<td>Afternoon</td>
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<tr>
<td></td>
<td>Evening</td>
<td></td>
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<td></td>
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<tr>
<td>My mood today: (G) good (O) OK (B) bad</td>
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<tr>
<td>Activities I did 1–2 hours before bed: (Examples: took a shower, messaged with friends, watched a video, finished homework, read a book, etc.)</td>
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</tr>
<tr>
<td>I went to bed at:</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
</tr>
<tr>
<td>I woke up this morning at:</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
</tr>
<tr>
<td>I got out of bed this morning at:</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
</tr>
<tr>
<td>Falling asleep last night was: (E) easy; (O) OK; (D) difficult</td>
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<tr>
<td>I woke up during the night. Y/N</td>
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<tr>
<td>I slept for a total of ____ hours.</td>
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<tr>
<td>I woke up feeling: (R) refreshed; (T) a little tired; (VT) very tired</td>
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</tbody>
</table>

Turn over this sheet to record additional details. For example: It was too hot to sleep; I stayed up late to finish a movie; I felt stressed before bedtime because I had a test the next day; etc.
Organize Your Argument

Ready to use your sleep-diary data and research to craft a persuasive argument? Choose a prompt below. Then organize your position, claims, and evidence with this planner.

**A. How should schools use the science of circadian rhythms to improve students’ lives?**

**B. How will YOU apply the science of circadian rhythms to improve your life?**

You might want to consider ideas like school start times; breaks for exercise, nutrition, stress relief, or rest; strategies and supports for flagging energy; homework expectations; scheduling of extra-curricular activities; and blue light from electronic devices.

### Persuasive Argument Planner

<table>
<thead>
<tr>
<th>Introduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>▶ Hook/get reader’s attention (e.g., introduce a stat or a question)</td>
</tr>
<tr>
<td>▶ Explain your chosen topic</td>
</tr>
<tr>
<td>▶ State your position</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Claims</th>
</tr>
</thead>
</table>
| Craft two or more claims to support your position (your argument). For example: Schools should _____ because that would help students who _____ to _____.

<table>
<thead>
<tr>
<th>Claim 1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Claim 2</th>
</tr>
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<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Claim 3</th>
</tr>
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<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Supporting Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide research, facts, and scientific findings to support each claim.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Conclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>▶ Restate your position</td>
</tr>
<tr>
<td>▶ Summarize your argument and supporting evidence</td>
</tr>
<tr>
<td>▶ Write a concluding statement and call to action</td>
</tr>
</tbody>
</table>