

Keep a Sleep Diary

Name _____

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.

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

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.

Name _____

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

Introduction

- ▶ Hook/get reader's attention (e.g., introduce a stat or a question)
- ▶ Explain your chosen topic
- ▶ State your position

Claims

Craft two or more claims to support your position (your argument). For example:
Schools should _____ because that would help students who _____ to _____.

Claim 1

Claim 2

Claim 3

Supporting Evidence

Provide research, facts, and scientific findings to support each claim.

Conclusion

- ▶ Restate your position
- ▶ Summarize your argument and supporting evidence
- ▶ Write a concluding statement and call to action