

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