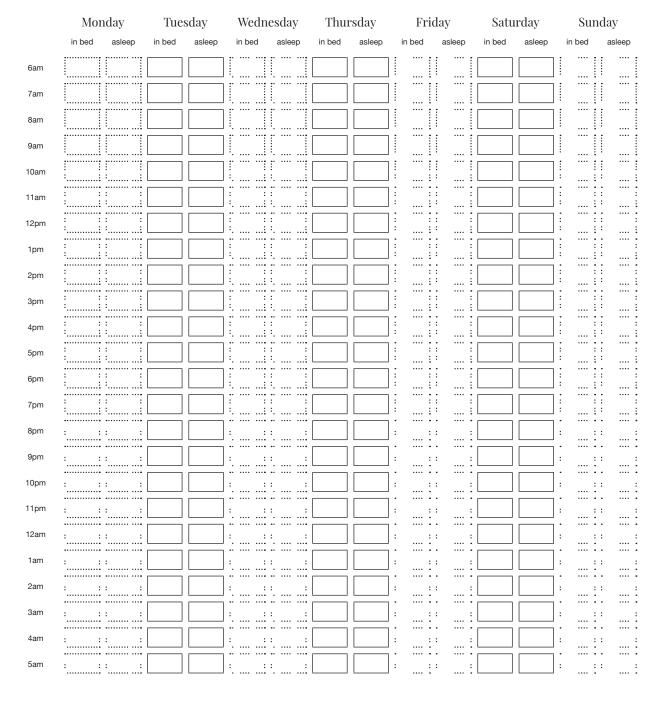
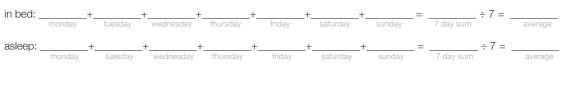
## Sleep Efficiency Worksheet

STEP 1: Each day, reflect on the prior day. Mark an X in each box to record when you were in bed, asleep, or both for each hour of the day.



STEP 2: After recording all 7 days, count up how many Xs are in each column. Write the totals of "in bed" and "asleep" for each day here.

STEP 3: Divide the totals by 7 to get your average "in bed" and "asleep" values.



STEP 4: Calculate your sleep efficiency by dividing your "average asleep" by your "average in bed".

