

# 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.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	in bed	asleep	in bed	asleep	in bed	asleep	in bed	asleep	in bed	asleep	in bed	asleep	in bed	asleep
6am														
7am														
8am														
9am														
10am														
11am														
12pm														
1pm														
2pm														
3pm														
4pm														
5pm														
6pm														
7pm														
8pm														
9pm														
10pm														
11pm														
12am														
1am														
2am														
3am														
4am														
5am														

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.

$$\begin{aligned} \text{in bed: } & \frac{\quad}{\text{monday}} + \frac{\quad}{\text{tuesday}} + \frac{\quad}{\text{wednesday}} + \frac{\quad}{\text{thursday}} + \frac{\quad}{\text{friday}} + \frac{\quad}{\text{saturday}} + \frac{\quad}{\text{sunday}} = \frac{\quad}{7 \text{ day sum}} \div 7 = \frac{\quad}{\text{average}} \\ \text{asleep: } & \frac{\quad}{\text{monday}} + \frac{\quad}{\text{tuesday}} + \frac{\quad}{\text{wednesday}} + \frac{\quad}{\text{thursday}} + \frac{\quad}{\text{friday}} + \frac{\quad}{\text{saturday}} + \frac{\quad}{\text{sunday}} = \frac{\quad}{7 \text{ day sum}} \div 7 = \frac{\quad}{\text{average}} \end{aligned}$$

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".

$$\frac{\text{average asleep}}{\text{average in bed}} = \frac{\quad}{\quad} = \text{sleep efficiency}$$