Sleep calculator

Do you know how much sleep you are getting each night?

You can do this activity for yourself or another family member.

Circle the time you usually go to bed each night and then circle the time you usually wake up each morning. Count the hours between those two time points to estimate the number of hours of sleep you are getting each night.

I go to bed at:		I wake up at:	
6 pm	6.30 pm	4 am	4.30 am
7 pm	7.30 pm	5 am	5.30 am
8 pm	8.30 pm	6 am	6.30 am
9 pm	9.30 pm	7 am	7.30 am
10 pm	10.30 pm	8 am	8.30 am
11 pm	11.30 pm	9 am	9.30 am
12 am	12.30 am	10 am	10.30 am
1 am	1.30 am	11 am	11.30 am

How to get better quality sleep?

- Being active during the day will help improve quality of sleep at night, especially moderate to vigorous activity.
- Try to turn screens off one hour before bedtime and try a quiet screen-free activity like reading a book instead.
- Avoid meals just before bed. Try to leave a few hours between dinner and bedtime.
- Aim for a consistent bedtime routine and morning routine, sleep and wake times.
- Make sure your room is not bright. Dim the lights and create a comfortable sleep environment.