

## Sleep Log Assignment (start: 08ish November – 30ish November)

1. Every morning, write down the time you wake up.
2. Then, write down the time you went to sleep the night before.  
You won't be precise; try to get within 15 min.
3. Lastly, write down the approximate number of hours you slept that night.
4. TAKE NOTE of non-school nights (Fridays and Saturdays)
5. TAKE NOTE of naps over 1 hour.
6. Worth 15 points; you will be totalling and averaging.
  1. You'll, therefore, need to convert your sleep hours and minutes to decimals.

# Decimal Equivalents

Five minutes = .07

Ten minutes = .15

Fifteen minutes = .25

Twenty minutes = .33

Twenty-five minutes = .4

Thirty minutes = .5

# Data Analysis

- Take an average of the number of hours you slept per night.
- Take an average of the number of hours you slept on SCHOOL nights.
- Take an average of the number of hours you slept on NON-SCHOOL nights.
- Total the number of hours you spent asleep.
- Figure out what percentage of your time you've been spending asleep.