



Time

Do I change when
the clocks change?



My sleep diary

Name: _____

Age: _____

	Evening	Morning				
	Time I woke up (hrs/mins)	Time I turned off the light (hrs/mins)	Time I spent asleep	Converted into minutes	Average (minutes)	How easy was it to wake up this morning? Karolinska Scale 1 = easy, 9 = very hard
Friday	 					1 2 3 4 5 6 7 8 9
Saturday						1 2 3 4 5 6 7 8 9
Sunday						1 2 3 4 5 6 7 8 9
Monday		 				1 2 3 4 5 6 7 8 9

During the week:

I usually go to bed at _____

I usually wake up at _____

Time I spend asleep is _____

I sleep for _____ minutes

Friday	 					1 2 3 4 5 6 7 8 9
Saturday						1 2 3 4 5 6 7 8 9
Clocks Change!						
Sunday						1 2 3 4 5 6 7 8 9
Monday		 				1 2 3 4 5 6 7 8 9



Karolinska Sleepiness Scale (KSS)

Degree of Sleepiness	Scale Rating
Extremely alert	1
Very alert	2
Alert	3
Rather alert	4
Neither alert nor sleepy	5
Some signs of sleepiness	6
Sleepy, but no difficulty remaining awake	7
Sleepy, some effort to keep alert	8
Extremely sleepy, fighting sleep	9



Conversion tables

Distance Reaction Time Conversion Scale	
Catch distance (cm)	Reaction time milliseconds
1	50
2	60
3	70
4	80
5	90
6	100
7	120
8	130
9	140
10	140
11	150
12	160
13	160
14	170
15	170
16	180
17	190
18	190
19	200
20	200
21	210
22	210
23	220
24	220
25	230
26	230
27	230
28	240
29	240
30	250

What does your reaction time mean?	
Reaction time milliseconds	Rating
0-50	Ultra fast
51-130	Superb
131-175	Excellent
176-200	Good
201-240	Average
241-250	Fair
251+	Slow



My sleepiness and reaction times

		Sleepiness (1 - 9)	1		2		3		4		5		Average
			Catch distance (cm)	Reaction time (ms)	Reaction time (ms)								
Friday	AM												
	PM												
Monday	AM												
	PM												

Friday	AM												
	PM												
Clock Change!													
Monday	AM												
	PM												