

Reflection #7: Seven Days of Sleep

For this assignment, you will be monitoring your sleeping habits. I'm not expecting you to make any changes, I'm just looking for you to be more aware of your sleeping habits, and perhaps identify what might be getting in the way of you feeling rested. For the next 7 days, I would like you to try and fill out the following chart. At the end of the 7 days, please respond to summary questions. Save this word document as a PDF, and post it on the Reflection page of your ePortfolio, under the heading "My 7 Days of Sleep".

Date	Bedtime/ Wake up (APPROX.)	When did you last look at a device?	Sleep Quality (did you wake up? Toss/turn? Did it take you long to fall asleep?)	Did you dream ? (Y/N)	20 minutes after you got up, how did you feel?	Comments
May 18th (night) May 19th (day)	Bedtime = 2:30am Wake up = 10:00am	Right before going to sleep	- Did not take me long to fall asleep - Was undisturbed until morning	Yes	Fairly well rested and awake; was disappointed for waking up later though	- I got into bed around 11:45 and was quite tired. - I decided to read in bed for a bit to wind down but ended up getting to a good part in the book and just kept reading - Decided for lights out around 1:30am but got distracted on phone while setting my alarm
May 19th (night) May 20th (day)	Bedtime = 4:00am Wake up = 12pm	Right before going to sleep	- Was undisturbed until morning	No	Still tired after waking up; had a way later start to a school day from waking up late	- Before going to bed, I finished a show that I had been watching for a while. It had a really sad ending so I took me longer to fall asleep

Date: May 19th 2020

Name: Bella Linton

<p>May 20th (night) May 21st (day)</p>	<p>Bedtime = 1:45am Wake up = 9:30</p>	<p>Right before going to sleep</p>	<ul style="list-style-type: none"> - Didn't take long at all to fall asleep, but jolted awake once before sleeping for the rest of the night - Was woken up multiple times in the earlier morning hours by construction outside 	<p>Nope</p>	<p>Well rested, and glad I woke up before the afternoon (so I could join Mrs. Colpitts' google meet :)) But I was slightly annoyed at the construction noises outside</p>	<p>- it was raining when I went to sleep (which I love) so I think I was a lot calmer while falling asleep</p>
<p>May 21st (night) May 22nd (day)</p>	<p>Bedtime = 3:30am Wake up = 10:30</p>	<p>Right before going to sleep</p>	<ul style="list-style-type: none"> - Didn't take long at all to fall asleep, and was completely out until morning when my alarm woke me up 	<p>No</p>	<p>Completely awake :)</p>	<p>- I was planning for another 1:00am-ish bedtime, but unexpectedly an album came out around that time that I had been waiting to listen to, so I stayed up way longer than planned</p>
<p>May 22nd (night) May 23rd (day)</p>	<p>Bedtime = 2:30am Wake up = 12:00pm</p>	<p>Right before going to sleep</p>	<ul style="list-style-type: none"> - It didn't take long for me to fall asleep - In the morning I originally woke up around 10:30, but I was having a nightmare that I couldn't wake up from so I was half awake all morning going in and out of this nightmare 	<p>Yes :(</p>	<p>Completely awake</p>	<p>- no additional comments</p>

Date: May 19th 2020

Name: Bella Linton

May 23rd (night) May 24th (day)	Bedtime = 2:30am Wake up = 9:30am	Right before going to sleep	- it didn't take long at all to fall asleep :) - I was undisturbed until morning	No	Completely awake :) (and also feeling weirdly motivated)	- I woke up to the sound of the rain which is so much nicer than construction noises, so I was very calm all morning :))
May 24th (night) May 5th (day)	Bedtime = 2:30 am Wake up = 10:30am	Right before going to sleep	- it didn't take long to fall asleep - Was in a deep sleep, undisturbed sleep until morning	Yes	Fully awake and relatively well rested!	- it was raining as I was going to sleep, and in the morning while I was waking up so I was happy :)).

Questions:

1) Are you surprised with your results? Explain.

I wouldn't say I was surprised with my results, but it is interesting and curious looking at everything in writing over the last week. I am well aware that I could have a healthier sleep schedule; I am quite a night owl, and being on a device right before going to sleep doesn't help. I wasn't expecting how much my mood would be affected based on what was happening while I was either going to sleep or waking up. For the rest of the day after getting woken up by construction noises, I was defiantly more irritable, as opposed to the more calm, and content feeling I had throughout my day after waking up to the rain, or the sunshine.

- 2) How many nights did you recall dreaming? What might that say about the quality of your sleep? *Hint – in which stage of sleep do dreams occur?*

Three out of seven nights I remember having a dream (not necessarily the actual dream itself though). Dreaming occurs in the REM stage of sleep. This stage is the last stage of sleep, coming after stage 4 which is the deepest sleep. This means that the quality of my sleep for three out of the seven days surpassed a deep sleep, while the other four nights I was just in a deep sleep.

- 3) Given that we are no longer “going TO school”, how does your sleep for the last 7 days compare to the sleep you got before the pandemic had us all at home?

Not having to stick to a schedule during the day has defiantly affected the leeway I give myself going to bed and waking up. I do have quite a lot of trouble getting to bed at what is considered a healthy time, even before the pandemic. So, my bedtime hasn't really changed drastically; my usual bedtime when attending school in class was usually about 1-2am (however, before getting back into doing school work on a regular basis, I had a bad habit of being awake until 5-8 in the morning and only sleeping for 3-5 hours). When I get up in to morning, however is a different story. I believe due to the lack of a structural schedule and motivation, I sleep in a lot later that what I would prefer. As the end of school gets closer, however, and there are quite a few deadlines that need to be met I am getting a little bit better at being productive throughout the day, regardless of the time I get up in the morning.

- 4) Consider the PBS video we watched in class, the Adolescence Sleep Update article by Dr. Wolfram, and your sleep data.

Considering a “normal” school environment, how does school start time affect your sleep? Do you notice a difference in how you felt on the late start Mondays we started this year?

I remember all through elementary school I would get up around 5:30-6am without fail. Now, the reason I would get up so early was so that I could curl my hair every morning, but I think being able to get up in that early had less to do with the motivation of having curly hair and more to do with me just not needing as much sleep as I do now, in my teen years. Before quarantine, no matter how many alarms I set for myself, I found it impossible to get out of bed before at least 8 in the morning. A lot of days in my grad year I also

had a spare in the mornings, so in those days I would sleep in even later (same reaction to the late start Mondays; I would still feel just as sleepy, but would appreciate the calmer, slower mornings). For this reason, I completely believe that an early start time for school affects my sleep. I was defiantly most alert during the second block of the day, just before lunch. I did always find it difficult to stay awake during the end of day classes, but I believe that has more to do with not going to bed at a time before 1am.

The research that was explained in both the PBS movie and the article did worry me a little bit. The fact that scientific studies have proven how much better you perform if you have a good night sleep scared me as someone who defiantly does not most of the time. It makes me wonder how differently I would have performed if I had a good night sleep. I have found, however, that while being in quarantine, although I am going to bed at the same time, I am getting the recommended hours of sleep a teenager should be getting. Because this, and taking into account my own sleep data recorded throughout the week, I have noticed myself being more focused and productive during the day time as opposed to if I were trying to do the same work during an earlier time at school. However I must take into account the other distractions that school comes with, like socializing with friends, doing more extracurricular work like grad exec or leadership, etc.

I also thought it quite interesting how difficult I find it to get up at roughly 7:30am for a school day after going to bed around 1am, when I can easily get up at roughly 5:30 for a 7am shift at my part time job after going to bed at the same time. Is it because I feel more responsibility towards my boss versus my teachers? Or because I would rather be at my job than at school? (don't this is true, don't worry Mrs. Colpitts!) Or because there is caffeine waiting for me at my job but not at school? (I'm a barista :)). Just something interesting I thought of while learning this unit.

5) How do you think you could improve your sleep? Provide at least 3 ideas.

- a. Have a stricter bedtime so that sleeping in is less of a possibility in the morning
- b. Don't be on a device right before bed; calm down before going to sleep with a book or something without bright light
- c. Don't watch shows that have sad endings right before going to sleep. :(
- d. Try to have more discipline when getting up in the morning so that I am more tired and am motivated to get to bed earlier.

