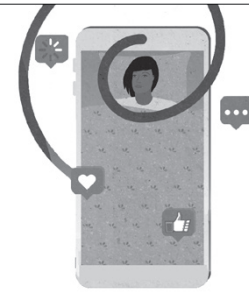


# Screen Time and Sleep Survey

How much time do you spend on electronic devices each day? Conduct your own investigation to find out.



**Step 1: Collect Data** » For one week, carefully track your habits using the table below.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SCREEN TIME ACTIVITY</b> » Record the hours you spend on screens each day.							
Computer/ Phone/Tablet: <i>School-Related</i>							
Computer/ Phone/Tablet: <i>Entertainment</i>							
Watching TV							
Playing Games							
<b>Total Hours of Screen Time</b>							
<b>MOOD</b> » Record your mood at least twice a day. (e.g., sad, happy, excited, tired)							
Morning							
Evening							
<b>SLEEP TIMES</b> » Record your total hours of sleep the night before each day.							
<b>Total Hours of Sleep</b>							

**Step 2: Analyze Your Data** (separate paper)

Graph your daily screen time and sleep for the week. Then answer these questions:

1. What day had the highest total of screen time activity?
2. Did you observe a link between screen time and sleep totals each day?
3. The Centers for Disease Control recommends teens get at least eight hours of sleep a night. Did you? What is one thing

you could do to help yourself sleep better?

4. Did you observe a link between your mood and amount of screen time? Explain.

**Step 3: Set a Challenge** (separate paper)  
Create goals to reduce your screen time. How much screen time will you allow each day? Which activities will you cut back? Which will you increase? Track your habits for another week. Compare the results.

For more information, visit [scholastic.com/headsup](http://scholastic.com/headsup).