



start here ... getting a feeling of the **sleep duration** you want to start your test with based on the information the national sleep foundation **has published** and what you believe is appropriate according to your personal needs.

sleep time recommendations (in hours)

	teens	younger adult	adult	older adult
may be appropriate	11	10 - 11	10	9
recommended	8 - 10	7 - 9	7 - 9	7 - 8
may be appropriate	7	6	6	5 - 6

source: <https://www.sleepfoundation.org>

listen to podcast
#008 sleep duration
to learn more

test period **1** **7.5** h

day	date	bedtime	wake up	duration	😊	😐	😞
1	05.12.2018	10:30 pm	6:00 am	7.5 h	X	☐	☐
2	06.12.2018	11:00 pm	6:30 am	7.5 h	☐	X	☐
3	07.12.2018			7.5 h	X	☐	☐
4	08.12.2018			7.5 h	X	☐	☐


Legend: 😊 (happy), 😐 (neutral), 😞 (sad). X indicates a selected option.




and then ... begin by filling out the sleep duration that you choose and take care that it stays the same over the complete test period (7,5 hours in our example). To test we need 3-4 days in a row where we get the same amount of sleep. Fill in the bedtime, wake up time and how you felt that day looking back for every day. If you are happy with your sleep results - CONGRATS - you found your sweet spot. Otherwise add or subtract one sleep cycle (90 minutes) and start another test period.


sleep duration assessment


test period h

day	date	bedtime	wake up	duration	  
1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

test period h

day	date	bedtime	wake up	duration	  
1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

sleep duration assessment

test period h

day	date	bedtime	wake up	duration	morning			daytime		
1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

test period h

day	date	bedtime	wake up	duration	morning			daytime		
1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>